

FAQ's

Should I eat before my blood donation?

Eating 2-4 hours before your donation is best. You should drink plenty of liquids.

How long does the collection take?

The actual blood collection takes 5-10 minutes. However, you should allow 30-40 minutes to complete the paperwork.

What is the age limit for participating in this program?

A child's ability to understand and cooperate during the procedure determines the lower age limit. There is no upper age limit for Autologous donations.

What if I am unable to give as many units as my doctor orders?

Each hospital keeps blood units donated by volunteer donors. Your doctor may supplement your units with blood from this supply.

Should I stop taking my medicines before my donation appointment?

Although we ask for a list of the medicines you are taking, you should continue taking them as instructed by your doctor.

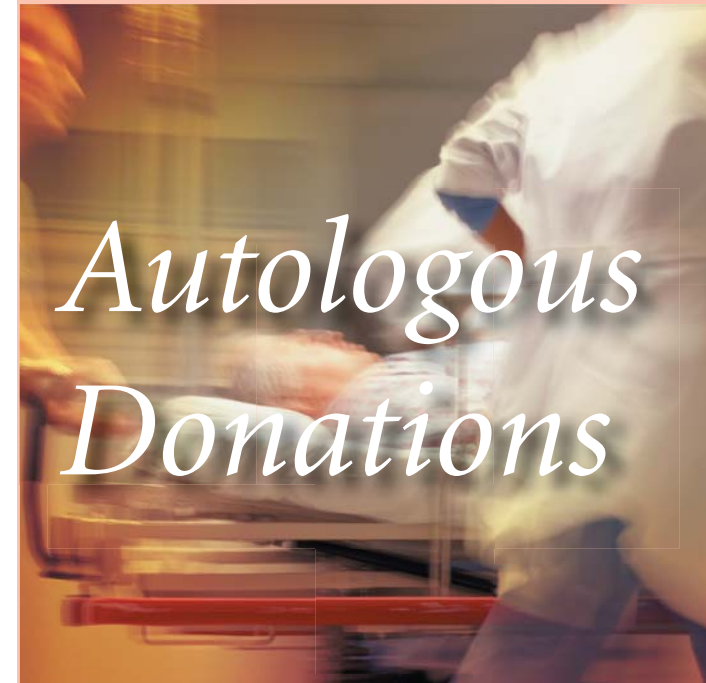
For more information about Autologous donations, please log on to www.igiveblood.com or contact The Blood Alliance at:

(904) 353-8263
or
(800) 447-1479



Saving Lives Through Blood Donation

How to Donate Blood to Yourself





Donating Blood to Yourself

STEP 1: Ask Your Doctor

If you are thinking about giving your blood for an upcoming operation, ask your doctor if it is right for you. Your doctor will decide if the type of surgery needed may require a transfusion and if your health allows you to give blood safely.

STEP 2: Schedule Your Appointment

Once you and your doctor select a date for your operation, your doctor must complete our request form for Autologous (pronounced aw-tol-o-gus) blood.

After your doctor sends this form to The Blood Alliance, we will contact you and schedule your appointment(s). These appointments will ordinarily be one week apart. All Autologous donations must be completed at least seven days before your surgery.

STEP 3: Make Your Donation

Autologous blood units can be collected at the community donor

center locations listed on the back of this brochure.

Donating blood for yourself is almost the same as a volunteer donation. As in volunteer donations, we will test your iron level before each donation. The level must meet the minimum requirement before you can give blood. We will make an exception to this requirement only after consultation between your doctor and our medical director. Your doctor may prescribe iron pills to help keep your blood count at an acceptable level.

We will test all Autologous blood for infectious disease, such as HIV and Hepatitis. We will report positive results in writing to you, your doctor, the medical director of the hospital transfusion service, and others required by law.

If your blood tests positive for HIV or Hepatitis, we must receive a written, signed, and dated request from your doctor before we will release your blood to the hospital. We will label your blood as potentially infectious before we ship it to the hospital. This label may breach your confidentiality.

Things You Should Know

Autologous blood is not available for emergency transfusions.

Autologous blood is collected by

appointment only.

If a blood bag is damaged during the production or shipping process, we will discard it.

Autologous blood may be shipped to another city, provided certain criteria, including your doctor's written order, are met.

Your Autologous units may be insufficient for your needs. If so, your doctor may use additional blood from the community blood supply.

Autologous blood is for your use only, and will not be released to the community blood supply.

NOTE: At the time of each donation, we will ask you for identification, which includes your name, social security number, and date of birth. You must give the blood center accurate information and this information must match what you give the hospital when you register. If the information does not match, the availability of your blood may be delayed.