



Who: *All healthy adults* are encouraged to give blood. Age and weight criteria:

- 16 years old; ≥ 125 lbs. with parental consent
- 17 years old; ≥ 125 lbs.
- 18 years or older; ≥ 110 lbs.

Getting older does not make people ineligible to donate. People who feel well and can do normal day-to-day activities can probably donate. People **can give blood every 56 days**.

When: *Giving blood only takes about one hour*. Donors can call 877-340-8777 or go online at www.obi.org to schedule an appointment to give blood.

Where: Oklahoma Blood Institute (OBI) has donor centers across Oklahoma - - - in Tulsa, Ardmore, Ada, Lawton, Enid and four in the OKC-metro area. Many convenient, mobile blood drives are also held each week in schools, businesses and communities across the state. To find hours of operation or a drive in your area, visit www.obi.org.

Why:

- The need for blood donations is constant. Patients in Oklahoma hospitals have needs 365-days-a-year, whether it's for scheduled treatments or for emergencies. Since there is no substitute for human blood, supplies must be constantly renewed.
- ***Every two seconds someone needs blood. One in seven people entering a hospital will need blood.***
- *Of those eligible to donate blood in the U.S., less than ten percent actually donate each year.*
- ***Some 1,200 donors are needed each day to meet all the needs of patients in our local hospitals.***
- **Although all blood types are needed, those with O-negative type blood are especially encouraged to donate.** According to AABB (formerly American Association of Blood Banks), those with O-negative blood type make up only nine percent of the national population; however, O-negative blood can be used by anyone in emergency need when a patient's blood type has not yet been identified.
- **One donation can save up to three different lives** because we can produce three components from a single unit of whole blood. For instance, your red blood cells may go to a surgery patient, your plasma to a burn victim and your platelets to a child fighting cancer.
- Oklahoma Blood Institute is a non-profit, charitable organization. A customary fee is charged to help recover costs associated with recruiting donors and collecting, testing, processing and delivering blood to hospitals. All revenue collected by OBI is used to cover operating, facilities and equipment costs. Only blood from (non-paid) donors can be given to patients. Paid plasma donations at plasma centers are not used for transfusion. They are manufactured into pharmaceuticals.

What is Oklahoma Blood Institute?

- OBI manages the life-saving donations from nearly 200,000 individuals each year.
- Volunteer ***blood donors give nearly a quarter-of-a -million units of blood annually*** to provide a safe and adequate blood supply.

- Once tested and processed by OBI's medical professionals, blood and its components are transported to patients across our state.

What is Oklahoma Blood Institute? (cont.)

- ***OBI provides every drop of blood needed by patients in some 161 medical facilities and air ambulances across Oklahoma. All Children's, Veterans, and Indian Hospitals and the majority of others around the state rely on donors with Oklahoma Blood Institute to meet their patients' needs.***
- Oklahoma Blood Institute is the **ninth largest**, independent non-profit blood center **in the United States**.

Frequently Asked Questions

Can I donate if I am sick or pregnant?

- If you are taking an antibiotic, running a fever, pregnant, or feeling ill, you'll need to wait for another time before donating.

Can I donate after taking aspirin or aspirin containing products?

- You can donate if you are now feeling well and it has been at least 48 hours since you took the aspirin or aspirin-containing product.

Can I donate if I am taking other medications?

- Usually, the answer is, yes. However, blood thinners, such as Plavix, can require us to defer you from donating. Most people with diabetes that is controlled, even if insulin dependent, can still donate blood.

Can I donate if I have high blood pressure?

- During the screening process, we will take your pulse, blood pressure and temperature. If any of these are out of range, we will ask you to come back at a later time to try again. However, if your blood pressure is under control, you will be able to donate.

Can I donate if I have had cancer?

- Cancer survivors can donate blood one year after being cancer free. Those who have melanoma without metastases can donate after a three year waiting period. Those who have had hematologic blood cancers, such as leukemia, lymphoma or multiple myeloma remain ineligible to donate blood.

Can I donate after receiving a tattoo?

- Yes, if the tattoo facility is licensed within the state.
- If it is not licensed, you need to wait 12 months after getting a tattoo to give.

How long do I have to wait to donate after giving birth?

- You can begin donating after six weeks.

If I've recently traveled to Mexico on vacation, can I donate?

- Yes, if you stayed within the confines of a tourist or resort area while vacationing in Cancun or Cozumel. This is the case for most major cruise destinations. Please check any specific locale with an OBI screener at time of donation or call 877-340-8777.

If I've recently received an ear or body piercing, can I donate?

- Yes, if the piercing was obtained at a facility that is approved by OBI. The facility must appear on our "Ear and Body Piercing Facilities" list. If you would like to know if a specific place is listed, please call 877-340-8777.

Should I wait for a local emergency or natural disaster to donate?

- Patients in the hospitals we serve need blood everyday. Your donation is, literally, a matter of life and death to someone in need of it. Typically, there is a two-day period from the time of donation until that blood is available to a patient, so we must have blood available before an emergency or natural disaster occurs.

What can I do if I'm not eligible to donate?

- Even if you are not able to give blood, you can still be part of saving lives by giving time to help at blood drives or by recruiting donors. In addition, monetary donations are always needed to continue to recruit blood donors, buy and maintain processing equipment, and conduct research necessary to keep our blood supply among the safest in the world.

Oklahoma Blood Institute- - - - - 918-703-4800 (Tulsa Center)

Oklahoma Blood Institute - - - - - 405-278-3100 (OKC headquarters)