**Frequently Asked Questions**

1. **How much blood is taken?**

A little less than one pint.

**2. How much blood is in my body?**

The average adult has between 9 and 12 pints of blood depending on

their weight.

**3. How long before my body replenishes my blood?**

The blood volume is replaced within 24 hours. The red cells take between 4- 6 weeks for complete replacement. That is why the FDA requires an 8-week wait between donations. Your body will not be affected adversely by the loss of the pint.

**4. How will I feel after the donation?**

You'll feel fine! Regular activities can be resumed right away. After donation you are invited to have some juice and snacks to help replace the volume and to give you a bit of time to relax. You will feel great knowing that you have just given 4 people another chance at life.

**5. Why should I give blood? Aren't there plenty of other people who do that?**

No. Plenty of people do not give blood. There is a need every day. Less than 4% of the *eligible* population donates blood. However, over 90% of us will need blood in our lifetime. More and more people are needed every day just to keep up with the increasing need.

***Many times, throughout the year, we reach critically low levels of blood.***

**6. Who uses my blood?**

It could go to a newborn just fighting to stay alive, a young child battling leukemia, a teen in a car accident, a young woman with anemia, middle aged man with a bleeding ulcer, or an elderly woman having a heart operation. You just never know who it may be. But what you do know, is that your blood will go to help someone in need!

**7. What happens to my blood after I donate?**

Your donation will be typed and then tested for multiple infectious diseases. Once the testing is complete, it will be broken down into its component parts (red cells, platelets, plasma). Each component will be given to a patient in need. You can help save 3 different people with your one donation!!!

**8. Will it hurt?**

*Worrying* about how it will feel is the real problem. You will only feel a slight pinch at first and then nothing. People are surprised when it is over. They can't believe how simple and painless it is. Think of how many people you are helping. Isn't it worth just a slight pinch?

**9. How long will it take?**

If you schedule an appointment, the entire process will take about 30 - 40 minutes. The actual donation is about 5 - 7 minutes. In less than 1 hour, you can save up to 3 lives, isn’t that amazing!?

**10. What is the most needed type of blood?**

The most needed is the type that is not available when a patient needs it! Type O is the most common and therefore, the most widely used and needed. Type O can be safely transfused to all other types and is frequently used in emergencies.

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