FAQs about Donating Blood

Who can donate blood?
In general, to donate blood you should be:
• At least 17 years old
• 110 pounds or heavier
• Feel well and healthy

And you should not:
• Be pregnant or trying to become pregnant
• Have had a tattoo within the past 12 months
• Have had a dental procedure, including a routine cleaning, within 48 hours of donating
• Have traveled to a malaria-risk country
• Have felt sick within 72 of your donation appointment

What should I do to get ready for my donation appointment?
• Eat a nutritious meal the day of your appointment
• You should drink six to eight 8-ounce glasses of water or other non-caffeinated beverages the day before and the day of your donation
• Bring a valid photo ID to your appointment.

How long does donating blood take?
• You should plan your donation appointment for 45 minutes.
• The actual collection process usually takes less than 10 minutes.

What should I do after my blood donation appointment?
• We encourage donors to drink plenty of non-caffeinated fluids (water and juices) after donating. This will help keep your body well hydrated.
• Eat well the day of your donation and do not hesitate to snack if you feel hungry.

How often can I donate blood?
As long as you are healthy and continue to meet eligibility criteria, you can donate blood every 56 days.

Does my blood type make a difference?
All blood types are welcome!

Does donating blood hurt?
You might feel a slight pinch of the needle at the start of the donation.

Where can I donate blood to benefit Dana-Farber and Brigham and Women’s patients?
• The Kraft Family Blood Donor Center at Dana-Farber Cancer Institute and Brigham and Women’s Hospital—located on the first floor of the Jimmy Fund Building at 35 Binney Street in Boston
• Dana-Farber Cancer Institute/Brigham and Women’s Hospital Blood Mobile- the traveling extension of the Kraft Family Blood Donor Center, bringing the convenience of donation to you.

For more information including eligibility, please email blooddonor@partners.org or call 888-LETS-GIV (538-7448).

Thank you for being a donor!