

Kraft Family Blood Donor Center



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!