

## Meet Vanessa, a blood recipient

Vanessa understands the urgency of having blood available. On her fifth wedding anniversary, an automobile accident nearly took her life. Vanessa underwent multiple surgeries and received countless units of blood components.



*"I thank God every day that I was able to recover so quickly. How many others are going through what I went through? You can show you care by giving blood. You'll help get them through it."*

- Vanessa

## Donation Locations

South Texas Blood & Tissue Center has eight donor rooms for your convenience. Six are in San Antonio, one in New Braunfels, and one in Victoria.

Mobile blood drives are held weekly at various locations throughout our service area.

For locations and hours visit [southtexasblood.org](http://southtexasblood.org).

## Schedule your appointment online!

Donatingforlife.org is an online tool for donors. Log on to schedule appointments and keep track of your donations.



Visit [donatingforlife.org](http://donatingforlife.org) today or call 800-292-5534, ext. 3500 to schedule an appointment.

# Types of Donation

## Whole Blood

Giving whole blood is the most common blood donation and is offered at all fixed-site locations and mobile blood drives. Whole blood donation means that all the blood components are collected at the same time. Later at the laboratory, the blood will be separated into components (red blood cells, platelets, plasma). Your donation could help save three lives. Actual donation time: about 10 minutes. Whole blood can be donated approximately every 56 days.

## Dual Red Blood Cell

Dual red blood cell is an automated procedure meaning that only red blood cells are removed. Blood is passed through a cell separator which collects the red cells and returns the remaining components to you. Doctors count on concentrated red blood cells for surgeries. Over 60% of blood transfusions are red blood cells. Female donors must weigh at least 150 lbs and be 5'5" tall; males must weigh at least 130 lbs and be 5'1" tall. Actual donation time: about 60 - 120 minutes. Dual red cells can be donated approximately every 112 days.

## Platelets *(donor rooms only)*

Platelet donation is an automated procedure where only platelets are withdrawn from the blood. Platelets are small blood cells that help control bleeding. Cancer patients receiving chemotherapy often need regular transfusions of platelets. Donated platelets last only five days. Donors should not take aspirin or ibuprofen two days prior to donating. Actual donation time: 90 - 120 minutes. You may donate platelets every 7 days, with a maximum of 24 times a year.

## Plasma *(donor rooms only)*

Plasma is the liquid that helps maintain blood pressure, and carries blood cells, nutrients, and enzymes throughout the body. Plasma is used for patients with auto-immune disorders and patients suffering from burn injuries. Actual donation time: about 45 minutes.

*For more information about your donation options, visit [southtexasblood.org](http://southtexasblood.org).*

## General Contact Information

Headquarters  
South Texas Blood & Tissue Center  
6211 IH-10 West at First Park Ten Blvd.  
San Antonio, TX 78201  
Toll Free: (800) 292-5534  
Phone: (210) 731-5555

## Thank You

We are grateful for each donor who comes to a donor room or a mobile drive. Whatever donation you make, patients are thankful for your lifesaving effort.



Connect for Life: #iGive

# Donate.

We know you have it in you.

## Blood Donation



Sandra never thought her son would need a lifesaving donation within hours of his birth. Blood, given by volunteer donors in South Texas, saved her baby's life. Every day, children and adults just like this are faced

with challenging medical procedures that require transfusions. In spite of what modern science has accomplished, there is still no substitute for human blood. Donation is a gift from one person to another.

## How blood is used

South Texas Blood & Tissue Center collects blood components for many different patients including:

- Trauma victims
- Diabetics
- Hemophiliacs
- Premature infants
- Recipients of organ or tissue transplants
- Those with sickle-cell anemia
- Those with cancer
- Many others

San Antonio and South Texas are filled with people who have benefited from the selfless acts of others. People in the community have many ways to give. A blood donation is a direct gift from your heart to another.

## Preparing to Donate

- Have something to eat before donating.
- Stay well hydrated by drinking plenty of non-caffeinated fluids, such as water or fruit juice.
- Wear comfortable, loose-fitting clothing.
- Bring identification.
- Bring a list of any current medications.



## General Requirements

Anyone who is 16 years old weighing 120 pounds (with parental consent form), or at least 17 years old weighing 110 pounds, and in good general health can donate blood. Additional requirements for other procedures may apply. See the reverse side of this brochure. As a prospective donor you must bring some form of identification (driver's license, passport, etc.) in order to register.

## Screening

Before you donate you must first fill out a health history questionnaire concerning your medical history, lifestyle, and risk of exposure to infectious agents. Your answers to these questions will help us determine whether or not you are an eligible donor. Next, you will go through a screening process. At this time a technician will take important vital signs such as pulse, temperature, blood pressure and iron-level check. This initial screening process and physical exam will take approximately 30 minutes.

## Procedure

A technician will swab your arm inside the elbow (to prevent infection) and insert a needle into a vein. After the donation, the needle is removed and a sterile bandage is put on your arm.

Remember that everything used during the donation, including the needle, is new, sterile and used only one time. There is no risk of disease transmission to a donor.



## Refreshments

After your donation, you will remain in our donor area for 10 to 15 minutes. We provide refreshments so you can begin replenishing your body's fluid supply. Fluid levels should return to normal within 24 hours.

*See reverse side to learn more about your donation options.*



**South Texas  
Blood & Tissue Center**