

Iron and Blood Donation

When you donate red blood cells, hemoglobin and iron are also removed from your body. If you only donate once in a while, this loss of iron will have minimal health effects.

However, donating blood frequently can affect how much iron your body stores, which can affect your health. This is especially true for young donors and premenopausal females. Females generally have lower baseline amounts of iron and hemoglobin and are deferred more often than males for this reason.

Effects of low iron vary and may include fatigue, decreased exercise capacity, and pica (a craving to chew things such as ice or chalk).

To maintain a healthy iron level, you can take an over-the-counter supplement or multivitamin that contains iron. A daily dose of 19 mg is usually sufficient. Consider consulting with your physician about whether taking iron is right for you, especially if you donate blood frequently, are a young donor, or are a premenopausal female.

Many different foods are rich in iron; the foods listed below are some the best for replenishing your iron stores:

- Beef, especially liver
- Beans, especially lima
- Chicken
- Dried fruit - apricots, dates, raisins, prunes
- Fortified cereal - especially Cream of Wheat, Malt-O-Meal, Grape Nuts & Grape Nuts Flakes
- Peanut butter
- Pork loin
- Seafood
- Spinach

If you are deferred due to low hemoglobin, we recommend that you wait one month before attempting to donate again.

PLEASE KEEP TRYING!

**Please consider donating
at your next blood drive.**

**YOU can make the difference
in someone's life!**



Community Blood Bank

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Sioux Falls, SD 57101-1343
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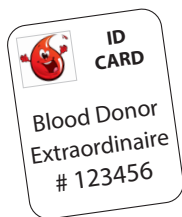
What to Expect When Donating Blood



DONATION PROCESS

1 Registration

- Present Photo ID (driver's license, etc).
- Please provide address and phone number.
- If you are 16, you will need to provide a parental consent form - found at cblifeblood.org under Donation Information or from the blood drive coordinator.
- You are encouraged to hydrate prior to giving blood. **NO ENERGY DRINKS PLEASE!**



2 Interview

- Enter the rear door of the bloodmobile - staff members will greet you and ask you to go into the interview room.
- A mini-physical will be performed - pulse, temperature and blood pressure are all checked. A small drop of blood is taken from a fingertip to test your iron.
- You will be asked health history questions.



3 Donate Blood

- A cuff is placed on your arm above the elbow.
- A staff member cleans your arm.
- The blood is collected - it usually takes five to seven minutes.
- Relax and enjoy saving a life.
- Let the staff know if you have any questions during the donation.
- You donate about one pint of blood (495ml).
- Your donation will save up to three patients' lives within your community.



Be a Hero
Be a Donor



4 Refreshments!

- Take some time to sit, relax and enjoy a snack and a beverage.
- Drink plenty of fluids - water, soda or juice.



5 Additional Information

- You need to weigh at least 110 pounds, and be in good general health.
- Most people feel fine. It's important to drink more fluids than you would normally, since it helps your body replenish the fluid loss of the donated blood (within 24 hours).
- Eat well within three to four hours of your donation.
- Leave the bandage on your arm for four (4) hours to protect your skin from infection.
- If you feel light-headed after donating, sit down and/or stop what you are doing and wait until you feel better before continuing. Elevate your legs if possible.



Thank you for saving a life today!