

Allowable Medications

- Blood pressure medication
- Cholesterol medication
- Aspirin, Tylenol or similar medication
- Certain anticonvulsive medications
- Oral antidiabetic medication, if condition is controlled
- Insulin, if stable and doctor approved

Tips to enhance your donation

- First time donors should bring a driver's license or other picture identification.
- Bring a list of your medications.
- Bring a list of places you have traveled outside the U.S.
- You should feel well and healthy when you donate.
- Drink plenty of fluids before and after donating.

FACT:

One in three people will need blood during their lifetime. You never know if it will be you or someone you love.

You can donate blood if:

- You weigh at least 115 pounds.
- You are at least 16 years old and have a signed parental consent form (there is no upper age limit).
- You are healthy and feel well.
- You present some form of picture identification.

You cannot donate blood if:

- You have chronic heart or lung disease, hepatitis, a positive HIV test or a recent occurrence of cancer.
- You are taking certain heart medications.
- You spent three or more consecutive months in the United Kingdom from 1980 to 1996.
- You are a current or former U.S. military member, civilian military employee, or dependent who lived at U.S. military bases in Germany, Belgium, or the Netherlands for six consecutive months or more from 1980 to 1990; or in Greece, Turkey, Spain, Portugal, or Italy for six consecutive months or more from 1980 to 1996.
- You spent time that added up to five years or more in Europe from 1980 until the present (Note: This criterion includes time spent in the U.K. from 1980 to 1996).

You may be temporarily prevented from donating if:

- You have donated blood or plasma within the last eight weeks.
- You are ill or have an infection (you must wait until your symptoms are gone).
- You are on antibiotics (you must wait until you are infection-free and the dosage completed).
- You have traveled outside the U.S. within the last year to certain areas at high risk for malaria or other communicable diseases.



Bonita Community Health Center

3501 Health Center Boulevard, Suite 2100
Bonita Springs, FL 34135
239-495-4372

Cape Coral Hospital

636 Del Prado Boulevard
Cape Coral, FL 33990
239-424-2400

Lee Memorial Hospital

2776 Cleveland Avenue
Fort Myers, FL 33901
239-343-2333

Summerlin Crossings

15880 Summerlin Road, Suite 113
Fort Myers, FL 33908
239-343-7122



The Blood Centers of Lee Health

How can you make a difference?



Why donate to the Lee Health Blood Centers?

It Supports Your Community

The need for blood remains constant. Our blood centers have the challenge of providing the blood supply for our four acute care hospitals—Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital, which houses the only Trauma Center within a five-county radius. Blood also benefits patients at our specialty hospitals—Golisano Children's Hospital of Southwest Florida and the Rehabilitation Hospital—and patients receiving treatment at the Regional Cancer Center.

The shelf life for blood is 42 days so it must be continuously replenished. Since there is no substitute for human blood, we rely on people like you to make a difference in this community and in the lives of transfusion patients.

It Supports Life

Blood donors make it possible to enhance the quality and extend the life expectancy of people affected by blood diseases such as leukemia, hemophilia, sickle cell disease and many more. Your blood donation may save the life of a tiny baby at Golisano Children's Hospital or the life of an accident victim at the Trauma Center.



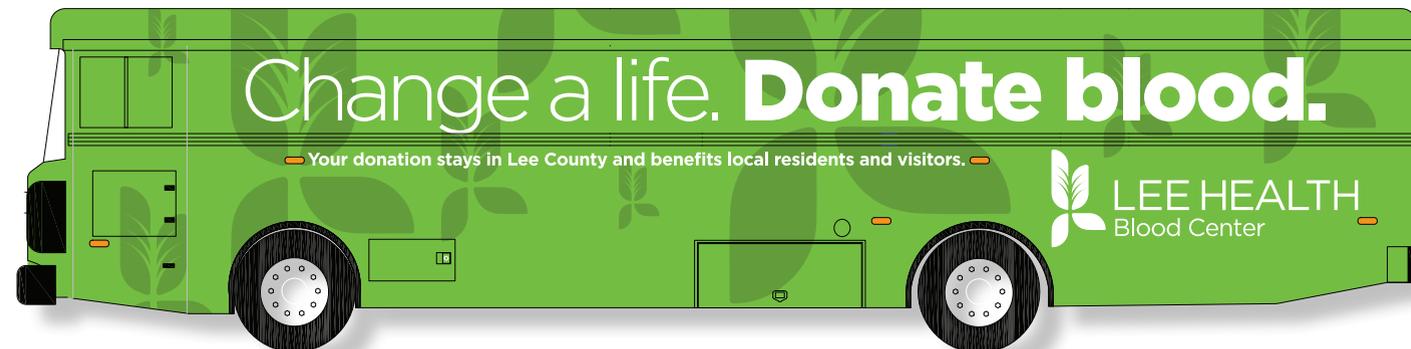
A Blood Center Near You

Lee Health has blood centers conveniently located throughout Lee County. There is also the convenience of having the Lee Health Blood Mobile come to you.

GET ON THE BIG GREEN BUS!

To schedule the Blood Mobile or for more information, call 239-343-2333.

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FREQUENTLY ASKED QUESTIONS

What is so important about blood?

Blood provides the body with vital elements needed to sustain life.

How long does it take to give blood?

From screening to collection, the entire process takes about 45 minutes. The actual donation time is less than 15 minutes.

How much blood is drawn?

Approximately one pint, or 500 ml

Do I have enough blood to spare?

The average person has 10 to 12 pints—you will not miss one pint.

How soon will my body replace it?

The fluid (plasma) is replaced within 24 hours, the red cells in three to six weeks.

What about activities after donating?

You can follow your normal routine, but avoid strenuous exercising for about six hours.

Can I catch a disease from donating?

Absolutely not. Drawing conditions are sanitary, and needles are sterile and disposable.

Will it hurt?

Only for a moment. Pinch the fleshy, soft underside of your arm. That pinch is similar to what you will feel when the needle is inserted.

Who will get my blood?

Your donation may benefit several patients because one pint is usually separated into components, such as red cells, plasma and platelets.

How often can I donate?

An individual can safely donate every 56 days.

Of the four major blood types, what percentage of the populations has each?

O - 44 percent B - 10 percent
A - 42 percent AB - 4 percent

The Blood Centers of Lee Health consider it a privilege to serve you and our community.