



Gulf Coast Regional Blood Center's Process of Donating Talking Points - 2024

- Donors must be at least 17 years old, weigh at least 110 pounds, and be in good general health.
- Individuals who are 16 years old, weigh at least 122 pounds, are in good general health, and have their parents' consent may also donate.
- Schedule an appointment at Giveblood.org. Appointments are preferred, but walk-ins are welcomed.
- Before you donate, be sure to get a good night's rest, eat a hearty, iron-rich meal, and drink plenty of fluids.
- Bring your ID with you.
- Once you check-in, you will receive a free wellness check, including blood pressure, pulse, temperature, and hemoglobin.
- You will be asked a series of eligibility questions. These questions can be answered before your donation through our CFL Express pass, which can be found on our website or through the digital donor app.
- Next, you will be escorted to a donor chair where you will make your donation.
- A typical whole blood donation only takes about 10 minutes.
- The complete process from start to finish is about an hour.
- After your donation, wait about 15 minutes and enjoy some refreshments before you leave.
- We always have a promotion item for our donors to take with them as a thank you for saving lives.
- Every donation can save three lives in our community.
- If you are in good health and you meet all requirements, you may donate:
 - **Whole blood every 56 days (8 weeks)**
 - **Platelets once every 7 days but, no more than 24 times in one year.**
 - **Platelets and red blood cells together every 56 days (8 weeks).**
 - **You can donate plasma every 28 days.**
- For eligibility questions, please visit www.giveblood.org and click on FAQs.