

Simple statements to encourage hesitant donors

Please use the following talking points to help answer common questions about blood donation. We ask that you not distribute this document, but instead use the information to guide your conversation with those who may be unsure about donating. You are the first—and most important—point of contact with would-be blood donors. Your thoughtful responses can help them transcend their own fears and uncertainties to significantly impact the lives of others.

If anyone has a question you cannot answer, please share our contact information with them. Thanks!

I'm too young or too old to give blood.

Donors may give blood as young as age 16. Donors who are 16 (and, in some states, 17) need a permission form signed by a parent or guardian. There is no upper age limit for donation.

My iron is low or I've been told I'm anemic.

Did you know iron levels can fluctuate day to day? Before you donate, your hemoglobin level is checked and you'll be informed of the results. Although the results of your pre-donation hemoglobin check may have prevented you from donating before, I encourage you to give donation another try.

I've already given blood this year.

Did you know you can give blood more than once a year? Just to make sure you are eligible, here are the waiting periods between donations:

- Whole Blood: 56 days (8 weeks)
- Double Red Cell (also called Power Red): 112 days (16 weeks)
- Plasma: 28 days
- Platelets: 7 days

I don't have the time.

I understand your time is valuable. It typically takes less than an hour to give a whole blood donation. You'll transform your own life and the lives of up to three others.

I have high blood pressure.

Blood pressure changes throughout the day. Vitalant staff will check your blood pressure before the donation and tell you the results. If your blood pressure is within approved guidelines and you meet all other requirements, you will qualify to donate blood. Besides, it's always a good idea to get a current measure. It's one of the benefits of giving blood.



To learn more, please visit us at vitalant.org/blooddrive
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I'm not sure I weigh enough to donate.

Donors should weigh a minimum of 110 pounds to donate blood. For more information about eligibility, visit the Vitalant website: vitalant.org/Donate/Donor-Eligibility

I'm nervous about giving blood.

It's normal to feel a little nervous. Almost everyone feels that way the first time. Vitalant staff will help you feel comfortable throughout every step of the process. And, once you find out how easy it is, you'll wonder why you waited so long to do something that transforms the lives of others.

I'm afraid of needles.

You know, no one really likes needles. Vitalant's highly-trained donor care specialists make it as painless as possible. And if you're nervous, don't worry. They are great at explaining everything along the way to help you feel more comfortable.

I don't have enough blood to give.

Giving blood is very safe. The average adult has 10 to 12 pints of blood, enough that it's perfectly safe to donate a pint. Do you know that one blood donation can transform the lives of up to three hospital patients?

I have diabetes.

If your condition is well-controlled, you are able to give blood regardless of diabetes-related medication or insulin use.

Is donating safe?

Yes, it is very safe. All equipment is new and sterile, then disposed of after each use.

You don't need my blood.

All blood types are important and needed every day by patients requiring a blood transfusion. Because blood has a limited shelf life, it's vital we all do our part to keep the blood supply strong.

You don't want my blood.

There are many misconceptions about donor eligibility. If you haven't been told specifically by a medical professional that you should not give blood, feel free to contact the knowledgeable staff at Vitalant. For more information about donor eligibility, go to vitalant.org/Donate/Donor-Eligibility



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