

Kraft Family Blood Donor Center



FAQs about Donating Platelets

Who can donate platelet?

In general, to donate platelets, you should be:

- At least 17 years old
- 110 pounds or heavier
- Feel well and healthy

And you should **not**:

- Have taken any aspirin, or drugs containing aspirin (such as Anacin, Excedrin, or Feldene), or had a dental procedure, including a routine cleaning, within 48 hours of donating
- Have taken any Aleve, ibuprofen, or drugs containing, non-steroidal anti-inflammatory medications), within 24 hours of donating
- Have had a tattoo or traveled to a malaria-risk country within the past 12 months
- Have felt sick or taken any antibiotics within 72 hours of donating

What should I do to get ready for my donation appointment?

- Eat a nutritious meal the day of your appointment
- You should drink six to eight 8-ounce glasses of water or other non-caffeinated beverages the day before and the day of your donation
- Bring a valid photo ID to your appointment.

How long does platelet donation take?

- You should plan your first platelet donation appointment for approximately 2 hours.
- During your first donation, your collection professional will be able to help estimate future donation lengths.

How often can I donate platelets?

- As long as you are healthy and continue to meet the eligibility criteria, you can safely donate every seven days, up to 24 times within a 12-month period.
- Many of our platelet donors schedule regular appointments every other week.

Does donating platelets hurt? Will it make me feel sleepy?

Most people say they only feel a slight pinch of the needle at the start of the donation.

What should I do after my platelet donation appointment?

- We encourage donors to drink plenty of non-caffeinated fluids (water and juices) after donating. This will help keep your body well hydrated.
- Eat well the day of your donation and do not hesitate to snack if you feel hungry.

Where can I donate platelets to benefit Dana-Farber and Brigham and Women's patients?

The Kraft Family Blood Donor Center at Dana-Farber Cancer Institute and Brigham and Women's Hospital—located on the first floor of the Jimmy Fund Building at 35 Binney Street in Boston.

For more information including eligibility, please email blooddonor@partners.org or call 888-LETS-GIV (538-7448).

Thank you for being a donor!

Kraft Family Blood Donor Center



FAQs about Donating Blood

Who can donate blood?

In general, to donate blood you should be:

- At least 17 years old
- 110 pounds or heavier
- Feel well and healthy

And you should **not**:

- Be pregnant or trying to become pregnant
- Have had a tattoo within the past 12 months
- Have had a dental procedure, including a routine cleaning, within 48 hours of donating
- Have traveled to a malaria-risk country
- Have felt sick within 72 of your donation appointment

What should I do to get ready for my donation appointment?

- Eat a nutritious meal the day of your appointment
- You should drink six to eight 8-ounce glasses of water or other non-caffeinated beverages the day before and the day of your donation
- Bring a valid photo ID to your appointment.

How long does donating blood take?

- You should plan your donation appointment for 45 minutes.
- The actual collection process usually takes less than 10 minutes.

What should I do after my blood donation appointment?

- We encourage donors to drink plenty of non-caffeinated fluids (water and juices) after donating. This will help keep your body well hydrated.
- Eat well the day of your donation and do not hesitate to snack if you feel hungry.

How often can I donate blood?

As long as you are healthy and continue to meet eligibility criteria, you can donate blood every 56 days.

Does my blood type make a difference?

All blood types are welcome!

Does donating blood hurt?

You might feel a slight pinch of the needle at the start of the donation.

Where can I donate blood to benefit Dana-Farber and Brigham and Women's patients?

- **The Kraft Family Blood Donor Center at Dana-Farber Cancer Institute and Brigham and Women's Hospital**—located on the first floor of the Jimmy Fund Building at 35 Binney Street in Boston
- **Dana-Farber Cancer Institute/Brigham and Women's Hospital Blood Mobile**- the traveling extension of the Kraft Family Blood Donor Center, bringing the convenience of donation to you.

For more information including eligibility, please email blooddonor@partners.org or call 888-LETS-GIV (538-7448).

Thank you for being a donor!