

Medication Guidelines

Most medications do not affect your ability to donate blood, including:

- Blood pressure medications
- Cholesterol medications
- Seasonal allergy medications
- Anti-depressants
- Anti-anxiety medications
- Birth control
- Hormone injections
- Most vaccinations
- Aspirin
- Ibuprofen
- Acetaminophen
- Thyroid medications

Some medications do require a temporary deferment to protect the recipient of the blood from any harmful exposure to medications or illnesses.

For more eligibility information regarding a specific medication, please visit the Blood Center to be screened by our medical staff.

Did You Know...?

- Approximately 60% of the population is eligible to donate blood, but only 5% does.
- Each donation can touch the lives of up to two patients.
- The need for blood is constant. Red cells are usable for only 42 days.
- Blood can't be made artificially; it can only be given by healthy people like you.

Come Donate Today!

You can call blood center (877) 724-4376 to schedule an appointment to donate blood, or you can just walk in!

Scott & White Blood Donor Center is located on the first floor of the main hospital across from the McLane Dining Room.

Our hours of operation are Monday through Thursday 8 am-7 pm and Friday 8 am-4 pm.

**Don't live in the Temple area?
Call toll free at (877) 724-HERO or go to bloodcenter.sw.org to find out when a mobile blood drive will be in your area.**



Am I Eligible



to Give Blood?

Scott & White Blood Center
Monday-Thursday: 8 a.m. - 7 p.m.
Friday: 8 a.m. - 4 p.m.

(254) 724-HERO or (877) 724-HERO
bloodcenter.sw.org

Age Guidelines

Donors must be at least 17 years old to give blood. **There is no maximum age limit to becoming a blood donor.**

Donating blood can even be healthy!

- It decreases the risk of heart attack in men
- It provides an opportunity to receive a free mini-physical, including a blood pressure and pulse check

Health Guidelines

You can donate blood:

- If you are controlling your blood pressure with medication
- If you are controlling diabetes with medication and diet (excluding insulin)
- Five years following the final treatment for most cancers, including breast and prostate cancers (excluding melanoma, lymphoma, and leukemia)
- Six weeks after most surgeries
- Six weeks after pregnancy

Join the elite 5%

Every two seconds, someone needs blood. The cold, scary truth is that there are far more people using blood than there are those willing to give it. Scott & White needs approximately 400 donors every single week for the patients in our community alone! We're not anywhere close to meeting that need.

65% of the American population is eligible to donate, but only 5% does. Often, donors are misinformed about the qualifications for donating blood. Maybe you're a part of the 60% that doesn't donate because you don't realize you *can* give blood.

We hope you'll take a second look at your eligibility. You may be giving someone a second chance at life.

Physical Requirements

- **Blood Pressure - below 180/100**
- **Temperature - less than 99.5**
- **Hematocrit - at least 38%**
- **Pulse - 50–100 bpm**
- **Weight - at least 110 lbs**

Travel Guidelines

1-year deferral

- Travel to malarial areas, such as most of Central and South America, Africa, Southeast Asia, Mexico, Iraq and tropical areas.

3-year deferral

- Residence of 6 months or more in malarial areas, such as most of Central and South America, Africa, Southeast Asia, Mexico, and tropical areas.

Permanent deferral

- 1980 through 1996- more than three months spent (cumulative) in the U.K.
- 1980 through the present- more than five years spent (cumulative) in Europe
- 1980 through 1990- residence on U.S. military bases in Germany, U.K., Belgium, or the Netherlands for 6 months (cumulative)
- 1980 through 1996- residence on U.S. military bases in Greece, Turkey, Spain, Portugal, Italy for 6 months (cumulative)