

Common Misconceptions and Questions About Blood Donation

Is giving blood time consuming?

The actual blood donation process itself takes just around 5-10 minutes. The whole session is often finished in 30-45 minutes.

Can I only donate once per year?

You can donate whole blood every 56 days, that's up to 6 times per year!

Can I donate if I'm on medication?

It is not necessarily the medication itself that could disqualify you from donating, but rather the reason for which you are prescribed the medication. We advise discussing with your physician if you are unsure.

Can donating blood make me sick?

While you may feel a little lightheaded after donating, there is no risk of contracting disease from donating blood.

Can older adults give blood?

You can donate until you are 75 years old. Any donors over 75 must obtain pathologist approval.

What if I have high blood pressure?

You can still donate as long as your systolic is below 180 and diastolic is below 100. Additionally, medications for high blood pressure do not disqualify you from donating

Can I donate if I have tattoos or piercings?

There is no deferral if done by a state regulated entity. If not, there is just a 3 month waiting period.

**Make an appointment today to donate
at the Donor Center or on the Mobile Blood Bus!**