



# COMMON MYTHS ABOUT BLOOD DONATIONS

***“I’m too old to donate.”***

There is no upper age limit as long as the donor is healthy.

***“I take medications so I can’t donate.”***

Very few medications will prohibit a person from donating. For example, blood pressure, diabetes, and high cholesterol medications are all OK.

***“My blood type is common so it’s not needed as much as rarer types.”***

FALSE! O-positive and A-positive are the two most common blood types. We constantly need these types because the general hospitalized population has one of these two types. (*Note:* Though O-negative is relatively uncommon, it is the universal blood type and can be given to anyone.)

***“It is painful to donate.”***

CHOMP’s Blood Center uses lidocaine (optionally) to numb a small area so the needle stick is not felt. It makes for a very comfortable experience.

***“I might contract a disease if I donate blood.”***

You CANNOT contract a disease, such as HIV or hepatitis by donating blood. Strict sterile procedures are mandated by the FDA and utilized by the Blood Center. Disposable, one-time needles and blood packs are used.

***“I may not feel well after I donate.”***

Most donors feel well and healthy after donating. The donor should continue normal activities after donating but avoid strenuous activities for the remainder of the day. Only a safe amount of blood is drawn (1 pint) and donors are well screened to make sure they meet all requirements for blood donation.

***“I can’t donate because I have high blood pressure [diabetes, high cholesterol].”***

People can donate with existing conditions such as these as long as they are controlled.

***“I can’t donate because I have a tattoo [or body piercing].”***

You can donate if the tattoo was gotten over a year ago (less than a year causes a one-year deferral for blood donations). If a body piercing was done by a professional, you can donate.