The Donation Process.

In your role as a *Partners for Life* champion, your group’s members may be curious about the blood donation process. The more comfortable you become in providing a summary of the donation process, the easier it will be to help make others feel more comfortable donating.

Always remember to direct any inquiries about a potential donor’s eligibility or about health-related concerns to Canadian Blood Services at 1 888 2 DONATE (1-888-236-6283) — trained customer service representatives and nurses are available to answer all kinds of questions.

**Before your appointment.**

You should remind your members to drink plenty of fluids and eat well before their donation.

The process for a whole blood donation — including registration, screening, donating blood and recovery — takes about one hour. If the donor is not eligible to donate blood*, a Canadian Blood Services nurse will explain that a temporary or indefinite deferral is necessary and the process will end.

* There are many reasons why a person may not be eligible to donate blood and a donor must meet all criteria to be determined eligible. As part of the screening process, donors will have their hemoglobin, blood pressure and temperature checked. Then, they must complete a written and oral questionnaire to help a nurse determine their eligibility to donate. The questions asked are regarding general health, travel history and activities that could pose a risk to the safety of the blood system.

**Here’s how the process works:**

**Step 1**

**Welcome and Registration:**

- Donor is registered
- Donor’s hemoglobin (iron) is tested
- Donor is asked to read a pamphlet on blood donation
- Donor must complete (in writing) an eligibility questionnaire
Step 2

Screening:

- In a private and confidential setting, a nurse orally asks a number of questions to determine the donor’s eligibility
- Donor’s blood pressure, pulse and temperature are measured
- If donor is found eligible to donate blood, they move on to Step 3 (below)
- If donor is not found eligible to donate blood, the nurse will thank them for coming to a clinic and the process will end

Step 3

Blood Donation:

- Blood donation takes approximately five to 15 minutes
- After the donation, the donor rests for five to 10 minutes

Step 4

Hospitality and Refreshments:

- Volunteers are available to inform donors of blood system news and to answer questions about ongoing programs – they can also direct questions to appropriate staff members
- Volunteers serve donors food and beverages
- Volunteers thank donors and encourage them to come back again