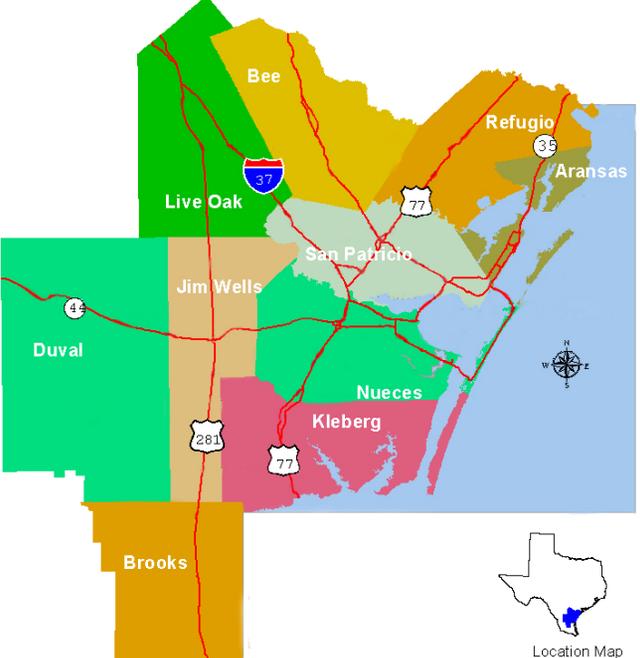


# Service Area



# Why Should you Donate?

You may not be able to change the world, but when you become a blood donor you are giving patients in our community a second chance at life. With hospital expansions and new surgical breakthroughs taking place in the Coastal Bend the need for blood is expected to grow considerably over the next several years. Donating blood allows you to play a key role in maintaining an adequate blood supply in the Coastal Bend.

## Our Mission

*“In partnership with our communities, our mission is to save lives by providing a safe supply of blood, blood components, and related services to patients and hospitals in the Coastal Bend.”*



Coastal Bend Blood Center  
*Giving so that others may live*



 Coastal Bend Blood Center  
*Giving so that others may live*

209 N. Padre Island Drive • Corpus Christi, TX 78406  
(361) 855-4943 • (800) 299-4943

[www.coastalbendbloodcenter.org](http://www.coastalbendbloodcenter.org)

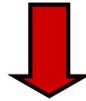


# Eligibility Requirements    Donation Process    Donation Tips

## Donors may be eligible if they:

- are in general good health
- are 17 years of age or older
- weigh at least 110 pounds
- have the following criteria:
  - **Females:** 12.5 gm/dl of hemoglobin or 38%-60% hematocrit
  - **Males:** 13.0 gm/dl of hemoglobin or 39%-60% hematocrit
- have a pulse range of 50-100
- have not donated whole blood in the last 8 weeks, or double red blood cells in the last 16 weeks
- have normal blood pressure, pulse and temperature
- do not have a cold or sore throat
- are not pregnant
- are not under a doctor's care for any serious illness or injury

**REGISTER** Your name, address and a photo ID (such as your driver's license) are required.



**QUALIFY** You will be asked questions about your health, including medical history, current medications and recent surgeries. These questions ensure you are healthy enough to give blood and that your blood will be safe to give to patients who need it. Next, a phlebotomist will check your temperature, blood pressure, pulse and iron level, which requires a quick finger stick.



**DONATE** A phlebotomist will then draw your blood. Brand new, sterile supplies are used for each donation. The actual blood draw takes less than ten minutes. Except for a small needle stick at the start, the process is painless. Once the draw is complete, the needle will be removed and you will be asked to apply pressure to the area and raise your arm for a few minutes. Most donors feel fine after giving blood.



**RELAX** The Coastal Bend Blood Center provides water, juice and cookies, and we ask that you relax for ten minutes before leaving. Take a little time to read the post-donation instructions; they were written with your health and safety in mind.

**DRINK** plenty of liquids in the 24 hours before donating to help replace the fluid lost during your donation.

**GET** a good night's sleep.

**STEER** clear of strenuous activity and heavy lifting for the remainder of the day following your donation.

**EAT** a healthy meal one to two hours before donating. Avoid fatty foods, such as fast food, before donating as these foods can have adverse effect on certain blood products and could cause some blood products to be unusable.

**REFRAIN** from the use of tobacco and/or alcoholic products for at least one hour following your donation.

