

MISSISSIPPI BLOOD SERVICES BLOOD DRIVE CHAIR PACKET



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About Us

Mississippi Blood Services (MBS) is a not-for-profit blood service founded in 1979. Our mission is to provide a safe and adequate supply of voluntarily donated blood and blood components for patients in hospitals and to offer related services to our hospitals and other medical facilities.

MBS is the only FDA licensed blood center headquartered in Mississippi created to manage our state's blood supply. We service hospitals across the state.

MBS operates nine drawing centers across the State of Mississippi in Flowood, Oxford and Cleveland. MBS supplies blood and blood products to over 50 hospitals in Mississippi.

MBS is licensed by the Food and Drug Administration (FDA), and accredited by the American Association of Blood Banks (AABB). MBS is a founding member of Blood Centers of America (BCA), I.T. Synergistics (ITSy), Blood Centers' Exchange (BCX), as well as a member of America's Blood Centers (ABC).

Why Donate Blood?

- One donation can help two or more patients in need.
- Each donation can be separated into more than one blood product including, but not limited to, red blood cells, plasma, and platelets.
- Approximately three percent of Mississippians donate blood each year.
- A blood transfusion occurs in the U.S. every two seconds.
- More than 15 million RBCs, platelets, and plasma are transfused annually, averaging nearly 42,000 blood components used by patients daily across the country.
- More than a quarter of the U.S. blood supply is used by patients battling cancer.
- Transfusions are needed in the U.S. in 1 out of every 83 births.
- Pediatric patients in the U.S. use approximately 652,000 blood components yearly.
- About 1 in 13 African-American babies are born with sickle cell trait (SCT).
- One in three African American blood donors are a match for a sickle cell patient.



Types of Donations

Whole Blood Donation

When you donate whole blood, one pint is taken during donation. This is the traditional way of donating and draws a pint of blood containing red blood cells, white blood cells, platelets and plasma at one time. You can donate whole blood every 56 days.

Double Red Cell Donation

This approach enables donors to donate two units of red blood cells at one visit, saving time on paperwork, travel, phone calls and the number of finger sticks per year. Most donors are happy to know that a smaller needle is used and do not mind that the procedure takes approximately 15-20 minutes longer than a whole blood donation. You can donate double red cells every 16 weeks or 112 days.

There are some special requirements when you donate double red cells:

- Males must weigh 130 pounds and be at least 5'1",
- Females must weigh 150 pounds and be at least 5'5"

Platelet Donation

Platelets are a special kind of apheresis (automated) donation that allows whole blood to be withdrawn from the donor and separated into its component parts via a cell separator. All components, except for the platelets, are returned to the donor. This procedure takes approximately 1.5 to 2 hours.

Platelets are essential for blood clotting and often used by patients with bleeding disorders such as leukemia and aplastic anemia. You can donate platelets every 14 days. If you have donated whole blood, you must wait at least 14 days before you can donate platelets.

To donate blood you must be healthy and feeling well, be at least 110 lbs and at least 17 years old (or 16 with parental consent).

Basics on Hosting a Blood Drive

01

Before the Drive

- Work with your Mississippi Blood Services representative throughout the process.
- Set the date well in advance, avoiding scheduling conflicts with other major events in your organization.
- Select a location. Does your facility have a room that can be dedicated to a blood drive or would a donor coach better suit your needs?
- Recruit volunteers to help you sign up donors.
- Sign up donors, using the Mississippi Blood Services online scheduling system – this will help you keep track of your signups and offer donor reminders.
- Advertise the drive through newsletters, bulletin boards, hallways and elevators, your organization's intranet, social media pages, and via email. Mississippi Blood Services can provide you with posters, flyers, table tents and/or electronic images.

02

Day of the Drive

- Arrive early to meet the team. We'll arrive up to 1 hour prior to the first appointment in order to set up.
- Be available throughout the day in case the Mississippi Blood Services' supervisor needs your assistance.
- Send reminders or make calls to scheduled donors, especially those who miss their appointments.

03

After the Drive

- Get your drive results from your Mississippi Blood Services representative. They can share with you how many units were collected relative to your goal.
- Celebrate success by sharing your results with your donors and acknowledging everyone's participation in the drive. Reinforcing everyone's positive experience sets the stage for making your drive an annual event!
- Provide feedback to Mississippi Blood Services so we can continue our efforts to make blood drives a positive experience for organizations and donors.

Donation Process

- 01** **Schedule an Appointment**
Sign up using the link provided by the marketing recruiter.
- 02** **Donor History Questionnaire**
Complete your donor history before your donation. The link can be found at msblood.com. *Must be completed same day as donation.*
- 03** **Prepare to Give Blood**
Eat a good meal and drink plenty of water before your donation. This can help you avoid adverse reactions like light-headedness.
- 04** **Registration**
Give your name, address and a form of photo identification.
- 05** **Screening**
A phlebotomist will perform a wellness check to ensure you are healthy enough to donate.
- 06** **Donation**
A phlebotomist will draw your blood; the actual blood donation takes around 10 minutes.
- 07** **Refreshments**
It is important to eat and drink after a blood donation. We provide an assortment of snacks and beverages for donors and ask that donors wait at least 10 minutes before leaving the donation site.

For safety and to ensure a pleasurable donation experience, every donor should:

- Enjoy the beverages and snacks provided.
- Remain in the canteen area for at least 10 minutes after donation.
- If you are light-headed/dizzy, please refrain from driving and notify our staff immediately.
- Wait 30 minutes before using any tobacco products.
- Drinking alcohol today could affect donors twice as fast as usual.
- Eat good meals on day of donation and the following day.
- Drink plenty of fluids on day of donation and the following day.
- Do not lift heavy objects with the donation arm for at least 4 hours.
- Avoid strenuous exercise for 12 hours.
- Leave bandage on for at least 2 hours.

At home care:

If light-headed/dizzy, sit or lie down as soon as possible, to prevent any injuries from fainting or falling. Rest with head down/feet elevated until the symptoms are gone.

Drink plenty of fluids. Blood donation is dehydrating!

Normally there should be no bleeding at the needle site. If bleeding should occur, raise arm above head and apply pressure to the bleeding site until it stops. Heavy lifting too soon could cause re-bleeding or bruising.

The site may appear bruised. If this happens:

Day 1: Wrap ice in towel and apply it to the site for 5-10 minutes 3-4 times daily.

Day 2, 3 & 4: Apply warm, moist cloths for 10-15 minutes 4 times daily.

The bruised area may appear to increase as the color changes. This is expected.

If there is excessive redness, discomfort or blood is not safe for transfusion, please call 601-368-2673.

Tips to Improve Hemoglobin (Iron)

HEMOGLOBIN LOW. DOES THIS MEAN ANEMIC?

Hemoglobin is found in red blood cells (RBCs) and is what gives blood its red color. Its main function is to carry oxygen throughout the body and carry away carbon dioxide. When hemoglobin level does not meet our criteria, donors may be temporarily deferred. Since many factors can play a part in low hemoglobin, and the state is often temporary, it doesn't necessarily mean anemic.

It is always a good idea to eat a good meal within four hours before donating, and drink plenty of water before and after donation. It is advisable to avoid caffeinated drinks right before donation. A doctor must review a patient's symptoms and examine a patient before diagnosing him or her with anemia. A complete blood count is needed to confirm anemia and measure its severity.

FACTS

- If deferred as a blood donor because of low hemoglobin levels (low iron), it does NOT mean anemic or cannot donate blood in the future. In most cases a simple change in our diet is all that is needed to increase the hemoglobin level.
- Iron, when combined with certain proteins, becomes hemoglobin in red blood cells.
- Iron is a vital mineral used to generate energy.
- Every human cell contains iron.
- 80 percent of the iron found in the body is contained in hemoglobin.
- Women are more prone to having low iron, since they experience blood loss during menstruation, and they often eat less than men. Women need more iron than men, particularly during childbearing years.
- People who donate blood should pay special attention to their diets in order to maintain iron levels.
- It is not only necessary to eat food rich in iron, it is also necessary to eat in a way which maximizes iron absorption.
- Iron supplements are not as well absorbed as iron from food, thus higher doses are usually necessary.

WAYS TO INCREASE HEMOGLOBIN (hgb)

- Eat several servings of iron rich foods daily in meals and snacks.
- Eat foods rich in Vitamin C at the same time eat foods rich in iron. Vitamin C helps iron absorption.
- Prepare food by cooking slowly in iron cookware. Contact with iron increases iron in food.
- Eat iron-enriched or fortified foods such as breads and cereals.
- Avoid consuming tea, coffee, soy, fiber and nuts during and after meals or snacks with iron-rich foods, since these foods reduce iron absorption.

IRON-RICH FOODS

- Meats, fish and poultry provide about a third of the iron in the average diet.
- Red meat, brown legumes (beans and peas), dark green leafy vegetables and dried fruit make the greatest contribution of iron to the diet.
- Whole grain or enriched breads and cereal provide about a third of the iron in the average diet.

POSSIBLE FOOD CHOICES

- Oysters
- Liverwurst
- Fish
- Beef
- Shrimp
- Clams
- Liver
- Pork
- Turkey
- Chicken
- Tofu
- Spinach
- Broccoli
- Turnip Greens
- Collard Greens
- Dates
- Prune Juice
- Dried Apricots
- Dried Peaches
- Peas
- Kidney Beans
- Soybeans
- Green Beans
- Iron-Fortified Bread & Cereal
- Whole Grains

VITAMIN C SOURCES FOR IRON ABSORPTION

- Grapefruit
- Green Peppers
- Cabbage
- Greens
- Broccoli
- Cantaloupe
- Cauliflower
- Oranges
- Strawberries
- Watermelon
- Tomatoes
- Vitamin C Fortified Juices

Frequently Asked Questions

What Makes You Eligible to Donate Blood?

To donate blood you must be healthy and feeling well, be at least 110 lbs and at least 17 years old (or 16 with parental consent).

Blood Testing and Results

- Your blood will be tested to ensure it is safe to give to patients in need.
- You will also be able to log into your donor portal to view your temperature, blood pressure, pulse and hemoglobin.

Are Test Results Confidential?

Yes, only you will have access to test results.

Does Donating Blood Hurt?

You may feel a slight sting at the very beginning that lasts only a second, but there should be no discomfort during the donation itself.

What is the Waiting Period Regarding Blood Donation After Having COVID-19?

You must wait at least 10 days and be symptom-free.

For more information on making blood donations, blood types, or deferrals, please visit msblood.com.



Main Center

**115 Tree Street | Flowood, MS 39232
(601)981-3232**

Cleveland Center

**609 N. Davis, Suite 101B | Cleveland, MS 38732
(662) 441-2870**

Oxford Center

**2627 West Oxford Loop #C | Oxford, MS 38655
(662) 234-0363**

**Find a Blood Drive or Center
Near You or Schedule Your
Appointment Online!**



**Save Time by Completing Your
Donor History Questionnaire Online!**

*(Must be completed the same day of your
scheduled donation)*



MSBLOOD.COM

(888) 90-BLOOD or 601-368-2673