

Becoming a Donor

To make a donation

Your willingness to donate blood or platelets is a generous act that is appreciated by everyone at Stony Brook University Hospital—especially the patients who are in need of your lifesaving gift.

The process of a blood donation takes up to one hour, about 15 minutes of which is actual blood donation time. The process of donating platelets takes up to two hours, with actual donation time lasting about one and one-half hours. Following your donation, a light refreshment of juice and cookies will be served. Our Donor Room is equipped with televisions, VHS and DVD players for your enjoyment.

Both blood and platelet donation appointments include:

- the completion of medical history forms
- a health interview with a registered nurse
- a mini-physical that includes measuring blood pressure, temperature, pulse and blood counts

Federal law requires all donors to show positive identification at the time of the donation.

Hours of Operation

To accommodate donors, we strongly encourage that appointments be made in advance by calling the Blood Bank directly. The Blood Bank is open six days a week as follows:

Monday–Friday 7:45 am – 8 pm
Saturday 8:45 am – 4 pm

To make an appointment that is convenient for you, simply call the Blood Bank at 631.444.DONATE (444.3662).

Please let us know in advance if you need a language interpreter or require any other accommodations.

Helpful Donor Tips

- Increase intake of fluids a few days prior to your donation
- Eat well-balanced meals the day before and the day of your appointment
- Add iron and calcium to your diet the day before your donation
- Try to reduce your intake of caffeine on the day of donation
- Try to refrain from or reduce the amount of smoking on the day of the donation

Directions

Directions to Stony Brook University Hospital

- Long Island Expressway (LIE) to Exit 62, Stony Brook, Nicolls Road North
- Continue approximately 8 1/2 miles on Nicolls Road to Loop Road
- Make a right onto Loop Road and continue to the hospital parking lot (on your left)
- After parking, enter at the hospital's main entrance
- The Blood Bank is located on the main level (Level 5), Suite 5000



Stony Brook University Hospital
Blood Bank, Level 5, Suite 5000
Stony Brook, New York 11794-7530

631.444.DONATE (444.3662)

STONY BROOK UNIVERSITY HOSPITAL DONORS
RECEIVE FREE PARKING

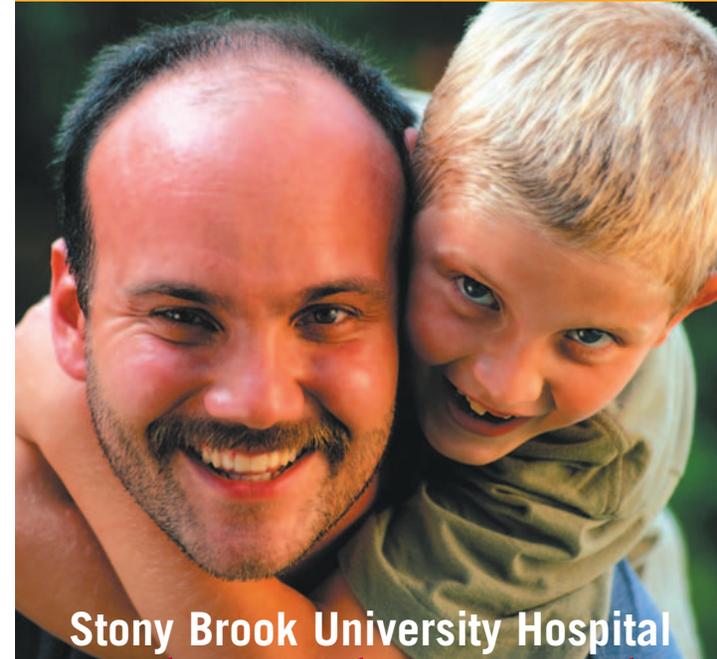
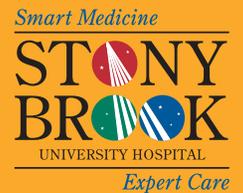
www.StonyBrookHospital.com

“There is no greater good one person can do than to help another. By donating blood or platelets, you are truly giving a precious gift—the gift of life to a patient in need. Please take the time to give and enrich your life by sharing it with others.”

—Dennis K. Galanakis, MD, Director
Stony Brook University Hospital Blood Bank

Stony Brook University is an affirmative action/equal opportunity educator and employer. This publication can be made available in an alternative format upon request.

Produced by the Office of Publications, SBUH, 2005



Stony Brook University Hospital
Blood Bank

Enrich Your Life...
Share It With Others

DONORS RECEIVE FREE PARKING

Stony Brook University Hospital is the place where smart medicine and expert care come together to serve the healthcare needs of Long Island residents. As a premier academic medical center, it serves as the region's tertiary (high-level) care center and is home to the Heart Center, the Long Island Cancer Center and the Center for Perinatal and Neonatal Intensive Care.

The Stony Brook University Hospital Blood Bank is an independent collection facility, serving patients at the hospital by supplying them with the blood and blood products they need. Every donor is important in helping us meet the blood and platelet needs of our patients. We encourage anyone with a desire to help to volunteer to become a donor at the Stony Brook University Hospital Blood Bank. Those not able to donate can learn about other volunteer opportunities by contacting the Blood Bank.

Special Care at Stony Brook University Hospital Blood Bank

We appreciate that you are taking the time to donate and want to make the process easy and convenient for you. When you donate at the Stony Brook University Hospital Blood Bank, you receive individualized attention from a registered nurse, in a personable environment.

To help ensure that the experience is pleasant, we speak with every donor to educate him or her about the donation process and to make certain that all volunteers are well prepared at the time of donation.

We will call you a day in advance to remind you of your appointment time. When you donate, we will give you a donor identification card that provides you with your blood-type information and helps you keep track of your donations.



O

ur mission

is to provide excellence in patient care, education, research and community service.

The Importance of Blood and Platelets

Blood

Donations of blood are vital to our patients' lives. Blood carries oxygen and nutrients to all parts of the body and carries carbon dioxide and other waste products to the lungs, kidneys and liver for disposal. Blood fights infection, helps heal wounds, and keeps us healthy.

Platelets

Platelets are the component in blood that helps to control bleeding and are used to treat many different diseases. Platelets are especially needed by adults and children who are being treated for cancer or are undergoing surgery.

Ways to Help

Blood and platelet donations remain at the hospital and are given directly to patients in need. Donations help to replenish blood needed to support patients. Blood donations can be made every 56 days. Platelets can be donated every three days. Since platelets can be stored for only five days, they are constantly needed.

Types of Donations

General donation of blood or platelets

Blood or platelets donated at our Blood Bank are placed in the hospital's general supply to be used for emergencies and other patient transfusion needs.

Directed blood donations

Donors may designate that blood or platelets be used for a specific patient, usually a family member or friend. The patient intending to receive the blood or platelets will need to make arrangements in advance of the anticipated use and complete a Blood Bank directed donor consent form. A patient or representative of the patient should contact the Blood Bank for complete instructions.



Autologous blood donations

Prior to a procedure or surgery, a patient may choose to donate his or her own blood. The patient can then be transfused with his or her own blood, which is the safest possible blood available for transfusion. Autologous blood donation is available to patients undergoing elective surgery and requires a prescription from the patient's physician. The patient may begin donating a few weeks prior to the procedure or surgery.

Who Can Donate Blood or Platelets?

To donate blood or platelets, you must:

- be between 17 and 75 years of age
- weigh at least 110 pounds
- be in general good health

Restrictions for Platelet Donors

- No aspirin products taken within 72 hours of the donation
- No ibuprofen taken within 24 hours of the donation
- No whole blood donations within four weeks prior to the platelet donation

Please feel free to contact our healthcare professionals at the Blood Bank if you have any concerns related to specific health restrictions for blood and platelet donations.