

Get to Know Your Type

While some blood types are more common than others, all blood types are needed to help hospital patients in our community.

Donors having group O-NEGATIVE blood are considered universal blood donors. O-NEGATIVE red blood cells may be transfused to anyone in need, regardless of their blood type.

Donors having group AB blood are considered universal plasma donors. AB plasma may be transfused to anyone in need, regardless of their blood type.

Frequency of Blood Types

O-	1 person in 15
A-	1 person in 16
B-	1 person in 67
O+	1 person in 3
A+	1 person in 3
B+	1 person in 12
AB-	1 person in 167
AB+	1 person in 29

Who benefits from your
whole blood donation?

- Cancer patients
- Patients with internal bleeding
- Premature babies
- And many more!
- Accident victims

Who benefits from your
plasma donation?

- Burn victims
- Bleeding disorder patients
- Trauma patients
- And many more!
- Surgery patients

Who benefits from your
platelet donation?

- Cancer patients
- Open-heart surgery patients
- Burn victims
- And many more!
- Trauma patients



MILLER-KEYSTONE
BLOOD CENTER

GIVEaPINT.org
800-223-6667

1465 Valley Center Parkway
Bethlehem, PA 18017

1255 S. Cedar Crest Boulevard
Suite 1300, Allentown, PA 18103

2925 William Penn Highway
Suite 105, Easton, PA 18045

2745A Leisch's Bridge Road
Reading, PA 19605

426 Airport Road, 4 Beltway Commons
Hazle Township, PA 18202

128 Eagleview Boulevard
Lionville, PA 19353

Proudly serving Brandywine Hospital, Chestnut Hill Hospital, Easton Hospital, Gnaden Huetten Memorial Hospital, Grand View Hospital, Hackettstown Regional Medical Center, Hazleton General Hospital, Hunterdon Medical Center, Jennersville Regional Hospital, Lehigh Valley Health Network – Cedar Crest Blvd. & I78, 17th & Chew Streets, and Muhlenberg, Palmerton Hospital, Phoenixville Hospital, Pottstown Memorial Medical Center, Sacred Heart Hospital, St. Joseph Medical Center – Reading, St. Luke's University Health Network, Allentown Campus, Anderson Campus, Bethlehem Campus, Miners Campus, Quakertown Campus, and Warren Campus; The Reading Hospital and Medical Center, and Westfield Hospital Center.



Appointment Date: _____

Appointment Time: _____



MILLER-KEYSTONE
BLOOD CENTER

Healthy Donation Tips



GIVEaPINT.org
800-223-6667

Donating Blood Step-By-Step

Step 1: Commit

- Visit GIVEaPINT.org, call 800-223-6667, or contact your coordinator.

- From registration to refreshment it takes about an hour to donate a pint of whole blood or 90-120 minutes to donate double red blood cells and/or platelets. Please plan accordingly when scheduling as your safety is important to us.

Step 2: Eat

- Be sure to eat a hearty meal before donation. Choose salty foods because your body can lose up to 2 mg of salt during donation.

Step 3: Hydrate

- Drinking plenty of water or non-caffeinated drinks will help to ensure that you have a pleasant donating experience.

Step 4: Identify Yourself

- Present your photo ID Card or MKBC donation card.

Step 5: Health History

- A trained staff member will check your temperature, blood pressure and pulse.
- A drop of your blood will also be taken to ensure your iron level is adequate for donation.
- You will be asked to answer questions about your health and lifestyle.

- All questions are asked in private and all information gathered is kept strictly confidential.

Step 6: Donate

- A trained staff member will clean the area of the arm that will be used for your blood donation.
- Once the needle is placed, squeeze the hand grip to keep the blood flowing.
- Once the needle is placed it usually takes less than 10 minutes to draw a pint of whole blood.
- Once the needle is placed, it takes approximately 60-90 minutes to donate two red cell units or platelets.
- To reduce the chance of reaction, contract the muscles in your lower body by alternately raising a foot a few inches off the chair for a few seconds at a time.
- After your donation is complete, the needle is removed and a pressure wrap will be applied.
- Keep your bandage on and dry for the rest of the day.

Step 7: Relax and Replenish

- You will be asked to stay at least 20 minutes in our canteen. You will be asked to kindly sign in and out of the canteen.

- Sit back, relax and have a snack on us!
- We will provide snacks that will help replenish your sodium and fluid levels after donating.
- Orange Juice is being eliminated as its acidity causes nausea and illness for some donors.

Step 8: Enjoy Your Good Deed

- For your safety, we may ask you not to drive home. In the rare case this occurs, we will contact a family member, friend, or anyone else you would like to take you home; or we will provide a taxi at no charge.
- Be sure to drink plenty of water or non-caffeinated drinks for the rest of the day to restore your fluid balance.
- Avoid strenuous activity or heavy lifting.
- If you feel sluggish, drink electrolyte replacement fluids (e.g. Powerade®/Gatorade®) and get plenty of rest.
- If you feel light-headed, lie down until you are feeling better.
- If you do not recover call your physician or call the Blood Center at 1-800-223-6667 to speak with a blood center representative.