

Inova Blood Donor Services is part of the award-winning not-for-profit Inova Health System that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, and mental health and wellness centers. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community we serve through excellence in patient care, education and research. The specific mission of Inova Blood Donor Services is to provide a safe and adequate blood supply for patients in the diverse community we serve. And, for more than 35 years, we have partnered with volunteer blood donors and community organizations to do just that.

Inova Blood Donor Services (IBDS) collects blood and blood products that help save lives in our community every day. We are a major supplier of blood in the Washington, DC, metropolitan area.

Inova Blood Donor Services routinely supplies blood and blood components to these hospitals and medical centers:

- Inova Alexandria Hospital
- Inova Fairfax Hospital
- Inova Fairfax Hospital for Children
- Inova Fair Oaks Hospital
- Inova Mount Vernon Hospital
- Inova Loudoun Hospital
- Montgomery General Hospital
- National Naval Medical Center
- Potomac Hospital
- Prince William Hospital
- Sibley Memorial Hospital
- Suburban Memorial Hospital
- Virginia Hospital Center
- Walter Reed Army Medical Center

Our supplies are also shared with other area hospitals in the Washington metro area on an as-needed basis. Additionally, we actively participate in the American

Association of Blood Banks' National Blood Exchange – a program that redistributes needed blood nationally and internationally.

### The Lifeblood of the Community

A growing population is creating an increased demand for blood and blood products in our community. Because the need for blood is so great, a consistent inventory is vital. Therefore, it is essential we have a steady stream of volunteer blood donors, as well as community partners who sponsor regular blood drives.

With an estimated 38 percent of the population eligible to donate blood, less than five percent actually do so. Most people do not donate because they are unaware of the growing daily need, or simply because they have not been asked.

Locally and nationally, the demand for blood is increasing while blood donations are decreasing. IBDS appreciates our community partners who are joining together with us to help reverse this trend.



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**1-866-BLOODSAVES (866-256-6372) • [www.inova.org/donateblood](http://www.inova.org/donateblood)**

## **Inova Blood Donor Services in the Community**

Inova Blood Donor Services has five fixed donor centers in Northern Virginia and holds blood drives throughout the Greater DC metro area everyday. We invite you to schedule individual or group donations at any of our conveniently located donor centers, or community blood drives. Call us at **1-866-BLOODSAVES (1-866-256-6372)** or visit [www.inova.org/donateblood](http://www.inova.org/donateblood) for information about scheduling an appointment to donate and/or to inquire about hosting a blood drive. We are always happy to answer your questions.

A list of community blood drives is available on our website or you can call us to find the blood drive nearest you. Please refer to the list below for the locations and direct numbers to our fixed sites:

### **Inova Alexandria Hospital**

4320 Seminary Road  
Alexandria, VA 22304  
703-504-3500

### **Inova Mount Vernon Hospital**

2501 Parker's Lane  
Alexandria, VA 22306  
703-664-7229

### **CentreMed**

6201 Centreville Road (Rte. 28)  
Centreville, VA 20121  
703-322-1972

### **Woodburn Medical Park**

3289 Woodburn Road, #010  
Annandale, VA 22003  
703-208-7008

### **Dulles Town Center**

45745 Nokes Boulevard, #160  
Sterling, VA 20166  
571-434-3600

“When you give blood, you give someone another laugh, another hug, another chance.”

Blood is a precious human resource. Inova Blood Donor Services must collect more than 200 units of blood daily to meet the needs of patients.

## Blood Has Three Main Components

### Red Blood Cells

Red blood cells are used to carry oxygen to all your cells. They are often given to surgery and trauma patients and those with blood disorders such as anemia and sickle cell anemia.

### Plasma

Plasma carries clotting factors and nutrients. Plasma is often given to trauma patients, organ transplant recipients, newborns and patients with clotting disorders.

### Platelets

Platelets help blood clot. They are given to stop bleeding in patients recovering from cancer, leukemia, open-heart surgery and transplant surgery.

## Estimated Blood Demands\*

### Cancer

- Up to eight units of red cells per week
- Aplastic anemia – up to four units of red cells per month

### Heart/Blood Vessel Disease

- Heart surgery – six units of red cells, five units of platelets
- Coronary artery bypass – one to five units of red cells
- Cardiovascular surgery – two to 25 units of red cells

### Gastrointestinal Tract Disease

- Bleeding ulcer – three to 30 units of red cells

### Surgeries

- Fractured hip/joint replacement – two to five units of red cells
- Liver transplant – up to 100 units of red cells
- Organ transplant – 40 units of red cells, 30 units of platelets, 25 units of plasma and 20 bags of cryoprecipitate
- Brain surgery – four to 10 units of red cells

### Emergencies/ Trauma

- Automobile accident – up to 50 units of red cells
- Gunshot wound – up to 50 units of red cells

### Other

- Burn – 20 units of platelets and plasma
- Bone Marrow transplant – 120 units of platelets, 20 units of red cells
- Sickle Cell disease – up to four units of red cells per month

*\*Provided as examples only. Actual patient usage may vary considerably based upon the patient's condition and type of therapy provided.*

save lives



give blood

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## Frequency of Blood Types

### Every Type is the Right Type at Inova Blood Donor Services

Your blood type is determined by the presence of specific antibodies found on the surface of red blood cells. There are four main blood types: O, A, B and AB.

Your blood also carries an Rh factor that is positive or negative. Together, that gives us 8 possible blood variations.

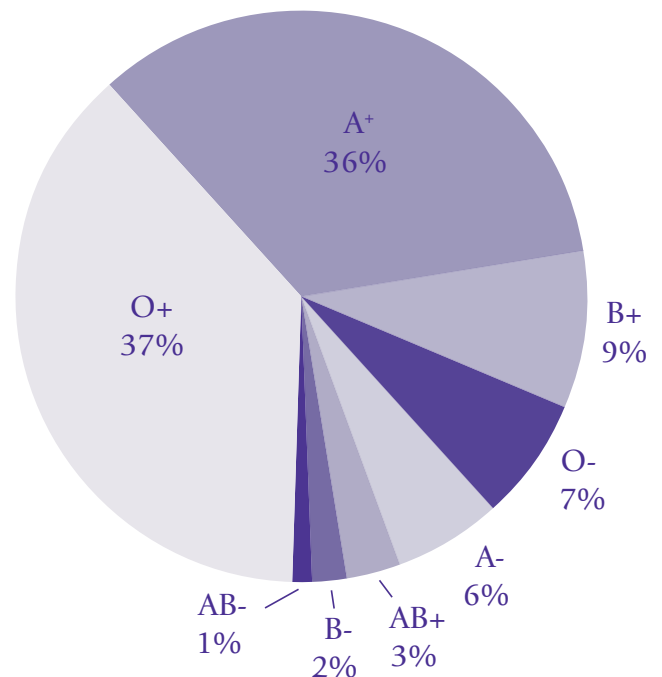
Women typically have about 10 pints of blood in their body; men usually have closer to 12 pints. A whole blood donation is approximately 1 pint.

Human blood cannot be manufactured or harvested, and modern science has yet to find a life-sustaining substitute. Our supply of blood comes from caring individuals who are eligible to donate and choose to do so.

## Information About Blood Type and Blood Donation

<b>O+</b>	The most common blood type, and the most in demand. If your blood type is O Positive, please donate whole blood or donate red cells using automated blood collection technology.
<b>O-</b>	You are the universal red blood cell donor; all patients can receive your red cells. If you have O Negative blood, you can help any patient who needs red cells by making a whole blood or automated red cell donation.
<b>A+</b>	There is normally a tremendous demand for A Positive platelets. If your blood type is A Positive, please donate whole blood or donate platelets using automated platelet collection technology.
<b>A-</b>	The A Negative blood type is considered rare, and A Negative donors have a rare opportunity to help patients who can only receive this blood type. If you have A Negative blood, please donate whole blood or make an automated red cell donation.
<b>B+</b>	If you have B Positive blood, you will best help patients with this blood type by making a whole blood donation or donating platelet or plasma using automated collection technology.
<b>B-</b>	B Negative blood is very rare. If you have B Negative blood, please make whole blood and automated red cell donations.
<b>AB+</b>	You are the universal plasma donor. If you have AB Positive blood, patients can benefit greatly from your whole blood or automated plasma donations.
<b>AB-</b>	Also very rare, you are the universal plasma donor; all patients can receive your plasma. If you have AB Negative blood, you can have the biggest impact by making automated plasma donations.

Percent of the Population with Type



By sponsoring a blood drive with Inova Blood Donor Services (IBDS), you help ensure a safe, ready supply of blood for your loved ones, your neighbors and yourself. Your time, effort and enthusiasm are as vital as the blood you'll help us collect. We rely completely on volunteer blood donations with over half of our blood supply coming from group-sponsored drives.

## Schedule a Blood Drive

Drives are scheduled three months to one year in advance. They can be held on any day of the week, and usually take about three to six hours. IBDS supports blood drive sponsors with skilled recruiting, planning and promotional materials. Blood donors can expect a well-trained, caring and professional blood collection team, modern, comfortable donor equipment, and delicious cookies and juices provided by IBDS. We offer two blood drive options at your site:

- **In A Bloodmobile.** We have two modern, self contained bloodmobiles that accommodate eight to 12 donors per hour in a comfortable, pleasant, professional environment. You will need 60 feet of level, hard-surface parking area near a building entrance, a small space inside your building for donor reception and registration, and restroom access.
- **Inside Your Facility.** Holding a blood drive inside your facility requires a sizeable space including electrical outlets. It must be readily accessible, free of excess furniture, well lit and adequately air-conditioned/ heated. You will also need to provide six to 10 tables and two to three dozen chairs, restroom access, and parking accommodations for the delivery truck and four to eight staff cars. We will provide everything else.

**For more information or to schedule a blood drive, please contact the Assistant Director, Donor Recruitment at 571-434-3652.**



**INOVA® BLOOD  
DONOR SERVICES**

## Seven Steps to Success

Organizing a blood drive is simple and your IBDS account manager will be there every step of the way to help ensure a successful event. There are seven basic steps in the process:

1. **Find your potential.** Start by finding out how many people in your group are interested in donating blood. This can be done by circulating a Donor Commitment Form, asking people to commit to donating blood if you have a blood drive.
2. **Choose a date, time and site.** Once you have your commitments, your recruiter will work with you to select an available date and time that is convenient for your group, as well as a site that can accommodate equipment, staff and donor needs.
3. **Set a goal.** The goal you set becomes part of the average daily blood supply we rely on to meet community needs. Your account manager will help you set a realistic goal and attain it.
4. **Establish a lifesaving team to recruit donors and promote the drive.** Ask and remind: ask donors to make an appointment and remind them of their appointment time.
5. **Communicate with your account manager.** Be sure to return your confirmation letter and communicate regularly with your account manager about logistics (e.g., supplying tables and chairs), any changes that may affect the drive, and the number of donors who are signed up. Call or e-mail your account manager 10 days prior to the drive and again three days before to confirm all details and discuss any last-minute needs.
6. **Work with the mobile team.** Be available (or have a designee available) on the day of the drive to meet the IBDS mobile team when they arrive and to answer any questions. Be sure to staff the registration table with volunteers during the blood drive.
7. **Recognize donors.** Keep donors coming back by thanking them for their gift and reminding them that they will be eligible to donate again in 56 days!

That's all there is to it! We will supply you with promotional materials to assist you in recruiting donors and giving educational/motivational presentations.

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## Promotion Ideas

While a personal invitation to give blood is always the most effective donor recruitment tool, there are many ways to recruit and promote your blood drive:

- Ask your organization's leader (president, pastor, principal, etc.) to send a letter to all members sharing the importance of blood donation and asking them to support your drive.
- Post flyers (provided by IBDS) advertising the date, time and contact person for the drive.
- Establish a calling committee to contact people you cannot ask face to face.
- Include an article about the upcoming drive in your organization's newsletter.
- Send e-mail messages with blood drive information.
- Circulate sign-up sheets or have a sign-up table in a high-traffic area such as the lobby or cafeteria.

## A Little Thank You Goes a Long Way

Blood recipients rarely get the chance to thank the people who have given them the gift of life. Let donors know they are appreciated by thanking them on behalf of those who will be helped by their donation.

**Try one of the following ways to say "thanks":**

- Take photos of donors during the blood drive and publish them in your organization's newsletter or post them on a bulletin board in a high-traffic area.
- Offer donors a prize drawing for a special gift.
- Post "honor rolls" in a prominent area listing all blood donors' names.
- Send thank you notes or cards to all donors.

## Face to Face with a Chance to Save Lives

One of the most common reasons people give for not donating blood is, "no one ever asked me." In our experience, nothing is more effective than face-to-face recruitment. An individual and personalized appeal is often all it takes.

Be prepared to answer questions about the donation process and remind prospective donors that a single donation has the potential to help three individuals. When people are sick or injured and need blood, there's only one place it can come from, and that's a volunteer blood donor.

Inova Blood Donor Services is committed to the Inova Standards of Behavior that call us to strive for excellence in all we do. Our goal is to provide exceptional service, and consistently exceed your expectations. We sincerely hope you will become a faithful blood donor and establish a regular donation schedule; Platelet Donors every 14 days, Whole Blood Donors every 56 days and Double Red Cell Donors every 112 Days.

## General Eligibility Requirements

**Minimum Age:** 16 with consent of a parent or legal guardian.

**Minimum Weight:** 110 lbs.

### Basic Good Health

- Feel well and healthy on the day of donation.
- No history of hepatitis after age 11.

### Medications

- You may donate while on most medications, including blood pressure and cholesterol medications.

### Tattoos/Body Piercing

- One week waiting period when done in a professional setting with sterile single-use equipment.

### Dental Procedures

- 24-hour wait after routine procedures (cleaning and fillings); 72-hour wait after a root canal or surgery.

### Pregnancy

- Six-week wait after vaginal delivery; six-month wait after C-section.

### Travel

- Most vacation travel destinations are generally acceptable.

For more information about your eligibility to donate blood, please call our donor advocate at 571-434-3628.

## Donation Day Checklist

- Set aside time to donate.** For a whole blood donation, we try to keep the process (from registration to refreshments) under 60 minutes.
- Please bring a picture ID** such as a driver's license, employment ID or credit card with your picture on it. We cannot accept blood donations without a picture ID.
- Have a nutritious meal within four hours of donating.** You will feel more comfortable during and after your blood donation.
- Drink extra water and juice before donating** to replace the volume of blood you will donate, and to make the donation process easier.
- You can exercise before donating, but be sure to increase your fluids after your exercise routine.** We suggest you refrain from strenuous activity and exercise for 12 hours after donating.
- Eat iron-rich foods before donating,** especially if you have low iron. Increasing vitamin C intake will also help your iron level. (See list of iron-rich foods on the back of this card.)
- Wear a top with loose-fitting sleeves** to make it easier to draw blood.
- Relax for at least 10 minutes after donating** with a complimentary drink and snack provided by Inova Blood Donor Services.



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## The Importance of Iron

Absorption of iron occurs within four hours of eating. Since our bodies sometimes need help maintaining a sufficient iron reserve, it is very important to add iron-rich foods to your diet to keep your iron level adequate for donation.

### Meat and Meat Substitutes

Lean red meats (beef, lamb, pork, veal)

Organ meats (liver, gizzards)

Poultry

Eggs

Seafood

Nuts

Beans

### Fruits and Vegetables

Dark green, leafy vegetables

Beans (green, lima, peas)

Root vegetables (beets, white potato)

Cauliflower

Sprouts (beans, alfalfa)

Artichokes

Dried fruit (dates, prunes, raisins)

### Breads and Cereals

Enriched, fortified and whole-grain breads

Cereal

Grains (oats, wheat, bran)

Wild rice

Macaroni

## Helpful Hints

- Caffeine (coffee, tea and cola), high-fiber cellulose foods (celery), and some antacid medications may decrease iron absorption.
  - Dairy products will also decrease the absorption of iron.
- Increase iron absorption by including food and drinks high in vitamin C (fruit and fruit juice) along with the iron rich food.
  - The best rule is to eat regular, nutritionally balanced meals, and drink plenty of fluids.

The Inova Blood Donor Services mission to provide a safe and adequate blood supply for patients in the diverse community we serve is accomplished with the help of many people. The generous contributions of volunteer blood donors, blood drive sponsors, volunteers and benefactors help make it possible for us to provide life sustaining blood and blood products to hospitals in Northern Virginia, Maryland and the Greater DC Metropolitan area.

## Make a Difference When You Donate Blood

### Whole Blood Donations

Volunteer whole blood donors are the major source of blood and blood products for people in the United States.

Donating whole blood is safe, simple and very fulfilling. You can help several different patients with a single donation because the one unit (approximately one pint) of donated blood is separated into three components; red blood cells, platelets, and plasma.

The need for blood always exceeds the available supply, so you can be sure that your whole blood donation will not be wasted.

### Automated Blood Donations

Automated donation is a safe and simple process that enables us to collect specific blood components from a donor. Automated Blood Collection (ABC) technology lets you donate red blood cells, platelets, and plasma either separately, or in combination. Automated donations offer us the flexibility to customize volunteer blood donations, and give us an opportunity to better manage our blood supply to ensure that patients receive the blood components that are critical to their treatment and recovery.

Automated blood donation is a special way to give specific components that will provide a complete transfusion for multiple patients.

## Make a Difference When You Donate Time

### Plan A Blood Drive

We make it easy for your school, church, place of business, civic organization or community group to help save lives by sponsoring a blood drive. Our experienced account managers, professional mobile operations staff and hands-on leadership team will guide you through the process of coordinating and conducting a successful blood drive.

### Volunteer

Volunteering is a great way for people who may not be able to donate blood to still support a blood drive. Volunteers can assist before the drive with donor recruitment and publicity, during the drive with refreshments, and after the drive with recognition. Volunteers are also needed on the day of the drive to greet and register donors.



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## Make A Difference When You Donate In-Kind Contributions and Charitable Dollars

### In-Kind Contributions

As you might imagine, it is a constant challenge to find novel and affordable ways to reach, recruit and retain blood donors. Everyday we must raise awareness about the necessity for a safe a ready supply of blood, and remind the general public that the only source of blood is a volunteer donor.

With the donation of goods and gift-certificates, businesses and organizations can play an important role in helping to attract new blood donors, thank current blood donors and encourage all blood donors to give whenever they are eligible. In turn, we are able to showcase your support of our mission at our donor centers and in the community at-large. We host special events at our fixed site donor centers each month, and conduct blood drives throughout the Greater DC metro area every day.

We welcome the opportunity to partner with businesses and organizations in this way.

### Charitable Dollars

Whether you are a blood donor who wants to do more, or you're not able to donate blood but want to support our life-saving mission, your financial support will help ensure that quality blood products will always be available for every patient in need.

As a not-for-profit 501(c)(3) organization, we depend on charitable giving to provide for service improvements that cannot always be fully funded otherwise.

All financial contributions, whatever the size, are welcome. And, remember, your donations are tax deductible as allowed by law. You might consider a Tribute or Memorial Gift to honor a loved one, or perhaps, a donation made in someone's name to commemorate a special occasion. We will send a gift notification to a family or individual at your request.

**\*For more information about any of the ways you can make a difference, please call 1-866-BLOODSAVES (1-866-256-6372) and let us know your area of interest. We will direct your call to the person who is best qualified to answer your questions and provide any further assistance.**