



BLOOD BANK OF ALASKA

DONATION PROCESS

BEFORE, DURING, and AFTER your donation

Many people wonder what to expect when they donate blood. This information is included to help you answer any questions that potential donors in your organization might have. Blood Bank of Alaska is available to answer any questions or concerns by contacting one of our blood centers at the numbers listed below.

BEFORE you donate:

It is important that you keep your blood sugar levels up before you donate in order to feel your best during and after the donation process. Eating a meal and drinking extra fluids are both strongly encouraged. Also, it's best to avoid caffeinated beverages because of their diuretic effect. Blood Bank of Alaska provides juice and cookies for you to enjoy before and after you donate.

WHEN you donate:

You will be asked to show photo identification with your social security number and/or birth date for identification purposes. You will also be asked to fill out a Donor History Form (DHF) with your biographical information and answer the medical history questions.

A Blood Bank of Alaska staff member will guide you through a “mini-physical,” and record the following information: 1) blood pressure 2) pulse 3) temperature 4) hematocrit - red cell count

A staff member will ask you a few confidential questions, prepare your blood donation bag, and lead you to the phlebotomy area for your donation.

AFTER you donate:

It is important to stay in the blood drive area for at least ten minutes after you have donated. Blood Bank of Alaska staff will provide you with post-donation instructions. Please follow them carefully. Also, be sure to enjoy your juice and cookies!

- EAT A GOOD MEAL** (*prior to*)
- DRINK PLENTY OF FLUIDS** (*prior to*)
- BRING PHOTO I.D.** (*with SSN or birth date for verification*)



**Anchorage Main
Blood Center**
4000 Laurel Street
Anchorage, AK. 99508
(907) 222-5600
Appointments: 222-5630

**South Anchorage
Blood Center**
800 E Dimond Blvd.
Anchorage, AK 99515
(907) 344-5021
Appointments: (907) 222-5630

**Fairbanks
Blood Center**
3010 Airport Way
Fairbanks, Alaska 99709
(907) 456-5645
Appointments: (907) 456-5645

Give Blood • Give Life

Rev: 032310

**Appointments preferred • Walk-ins welcome as time permits • For more information & hours of operation, please visit our website at:
www.bloodbankofalaska.org**