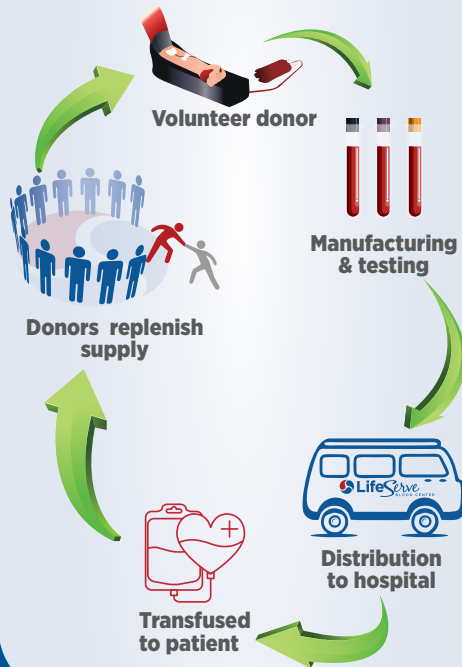




LIFESAVING CYCLE



CONNECT WITH US

AMES DONOR CENTER

819 Wheeler Street Suite 1 | Ames, IA

ANKENY DONOR CENTER

1555 SE Delaware Suite J | Ankeny, IA

DES MOINES DONOR CENTER

431 East Locust Street | Des Moines, IA

FORT DODGE DONOR CENTER

118 South 25th Street | Fort Dodge, IA

800.287.4903 | lifeservebloodcenter.org



@LifeServeBldCtr

MARSHALLTOWN DONOR CENTER

3109 South Center St., Suite 104 | Marshalltown, IA

MASON CITY DONOR CENTER

4700 Fourth St. SW, Suite E | Mason City, IA

SIoux CITY DONOR CENTER

4501 Southern Hills Drive | Sioux City, IA

URBANDALE DONOR CENTER

10469 Hickman Road | Urbandale, IA

WEST DES MOINES DONOR CENTER

Somerfield Village | West Des Moines, IA

BE A BLOOD DONOR



DID YOU KNOW?

Did you know LifeServe Blood Center is the **sole** provider of blood to more than 120 local hospitals in Iowa, Nebraska, and South Dakota? From Avera St. Anthony's in O'Neill, Nebraska to Allen Memorial Hospital in Waterloo, Iowa, hospitals choose **us** to be their **only** provider. Successful decades-long partnerships with these medical centers secured LifeServe a reputation as a trusted local blood center.



Your **Blood**. Your Hospital. Your Neighbors.

WHY ARE BLOOD DONORS IMPORTANT?

- Blood donors save lives - each donation can help up to three hospital patients in their critical time of need.
- There is no substitute for your donation - each and every time you give you make a difference.
- More than 3,000 units of blood are needed each week to meet the needs of our hospital patients.
- Nine out of 10 people who live to the age of 70 will use blood during their lifetime, yet less than five percent of the eligible population donates blood.

WHAT ARE SOME OF THE BENEFITS OF BECOMING A BLOOD DONOR?

With a single blood donation, you will do more to help others than most people do in a lifetime. In addition, LifeServe Blood Center rewards and thanks our donors with:

- Blood Donor Identification Cards to track your donation history.
- The ability to earn points for each donation for exclusive rewards available on our Online Store.
- Special recognition for each donation milestone.
- A mini-physical screening that checks blood pressure, pulse, temperature, and iron levels.

IS IT SAFE TO DONATE BLOOD?

Absolutely! All materials used in the blood donation process are new, sterile and used only once.

WHAT CAN I EXPECT WHEN I DONATE?

Whether you donate at a blood drive in your community, at work, or at a LifeServe Blood Center location, the process of donating is simple:

PRE-DONATION:

We want you to feel great after you've donated.

Prior to your donation:



Drink plenty of fluids the night before and leading up to your donation - hydration is key to a positive experience.



Eat a good meal - do not donate on an empty stomach.



Incorporate a bit **more salt** in your meals and snacks on the day of your donation.



Get **plenty of rest** prior to your donation.

DURING THE DONATION:

There are four basic steps when you donate blood, which together take between 30 and 45 minutes.

1. **Registration.** Donors will provide their information, signed Parental/guardian permission form if necessary, and identification.
2. **History Screening.** Donors will complete a series of health and lifestyle questions and receive a mini-physical to check temperature, blood pressure, heart rate, and hemoglobin level.
3. **Donation.** Collecting a unit of blood - about one pint - takes approximately 5-10 minutes. Donors may feel a slight pinch for a few seconds, but that is it! The equipment used is sterile, used only once, and then discarded.
4. **Snacks.** After the donation, donors will rest in the snack area and enjoy refreshments.

WHO CAN GIVE BLOOD?

You may be eligible to donate if you are in general good health and:

- Are 16 years of age or older (16/17 year olds with parental consent).
- Weigh at least 120 pounds.
- Have allowed proper time period to pass between previous donations.
- Have blood pressure, pulse, temperature and hemoglobin levels that meet LifeServe Blood Center guidelines.
- Are not taking antibiotics for an infection.

HOW DOES MY DONATION SAVE LIVES?

After your donation, your blood is sent to LifeServe Blood Center's state-of-the-art laboratory, where your donation will:

- Undergo 15 different tests. All test results are confidential.
- Be separated into various components - red cells, plasma and platelets - each component has a specific use for a patient in need.
- Be used to help up to three hospital patients, including cancer patients, premature infants, transplant recipients and many more!

**Save time at your donation
by filling out your LifeServe
QuickPass online the day
of your donation.**

LifeServe
BLOOD CENTER

YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.