

BLOOD AND DONOR SERVICES: PLATELET DONATIONS

With the support of our community, we are able to supply 50 percent of our patients' needs for blood transfusions, a percentage we would love to increase. CHOC purchases the remaining needed products from outside sources. Every time you donate, you'll leave knowing you had a direct impact on a child's recovery.

Before Your Donation

- Abstain from taking any aspirin or ibuprofen for 48 hours before your appointment (acetaminophen, such as Tylenol is allowed)
- Eat iron-rich foods like lean red meat or green leafy vegetables
- Eat a good meal within three hours of donating
- Drink extra fluids beginning 48 hours prior to your appointment

What to Bring

- A photo ID
- A list of existing medical conditions you may have, and medications you take

How You Will Help

One hundred percent of blood and platelet donations made at CHOC stay here to help patients in need. CHOC patients required blood products 7,700 times in 2015. Of those, 575 transfusions were needed by babies in our neonatal intensive care unit (NICU). Our oncology patients required 2,600 units of red blood cells and 1,700 units of platelets.

CHOC Children's has a large and diverse patient population, and all blood types are currently needed. Registered nurses specially trained in blood collection will administer a small amount of lidocaine, a numbing medication, to ensure your donation is painless. Each donation lasts about an hour.

Blood & Donor Services | 505 S. Main St., Suite 185 | Orange, CA 92868

To make an appointment, call 714-509-8339.