

Common Myths About Blood Donation

What's holding you back from giving life to your community?

Donors to Community Blood Center of the Ozarks play a vital role in the health of our community. Each day, hundreds of people roll up their sleeve to give their incredible and lifesaving gift to area hospital patients.

One of the things that keeps many from donating blood is a misunderstanding about their eligibility. In truth, there are very few things that may prevent an otherwise healthy person from donating blood. Here are some of the common myths and truths about blood donation.

Myth 10 – I can't give blood because I have seasonal allergies.

Allergies, even those that need to be controlled by medication, will not prevent you from donating blood.

Myth 9 – I can't give blood because I have high blood pressure.

As long as your blood pressure is below 180 systolic (first number) and 100 diastolic (second number) at the time of your donation, you may give blood. Furthermore, medications that you may be taking for high blood pressure do not disqualify you from donating.

Myth 8 – I can't give blood because I have high cholesterol.

A high cholesterol level does not disqualify you from donating—even if medication is used to control it. In fact, when you donate blood with CBCO you will get a FREE cholesterol screening!

Myth 7 – I can't give blood because I had cancer.

While some types of cancer may disqualify you from donating, there are many circumstances under which you may donate blood after an appropriate waiting period. Please contact CBCO for more information.

Myth 6 – I can't give blood because I'm diabetic.

Diabetics may donate blood as long as the other medical requirements are met. However, the use of bovine-derived insulin will result in deferral from blood donation.

Myth 5 – I can't give blood because I have epilepsy or seizures.

Epilepsy or seizures do not disqualify you from donating as long as you have had no seizures for one year.

Myth 4 – I can't donate because I'm anemic.

Your hemoglobin (iron) level will be checked prior to donating blood. As long as levels are normal on the day of donation, you may give.

Myth 3 – I can't give blood because I had a flu shot.

In fact, you may donate blood the same day you receive the vaccination.

Myth 2 – I can't give blood because I'm on medication.

In nearly all cases, medications will not disqualify you as a blood donor. As long as you are healthy and the condition is under control, you will very likely be able to donate.

Myth 1 – I can't give blood because I'm afraid of needles.

Most people do feel a bit of nervousness about blood donation. Most also say after their donation that they're sorry they waited so long. Blood donation is a momentary discomfort for the donor that can provide a lifetime of a difference for the patient.

