



The
Frederick
Gunn
School

The Margaret P. Addicks Memorial Blood Drive 2026 Additional Details

The following are recommendations from the American Red Cross about how to prepare for a good donation experience.

- 1) **HYDRATE!** Begin hydrating 3 days before your donation. This will help to speed up the donation process, as it will make your veins more accessible and you'll bounce back faster!
- 2) **Eat iron rich foods!** Iron is an essential part of the protein that gives blood its red color and carries oxygen to all the cells (hemoglobin). It is also part of myoglobin, which stores oxygen in the muscles. Iron is important for energy production! Iron-rich foods include: red meat, fish, poultry or liver, beans, spinach, iron-fortified cereals, raisins, and prunes.
- 3) Eating foods that are high in Vitamin C along with iron-rich foods can increase iron's absorption. For example, drink orange juice along with your iron-rich foods!
- 4) Be well rested. Get a good night's sleep before your donation.
- 5) All donors must bring a photo ID with them to the blood drive. Preferred identification is a donor ID card, student ID, driver's license, or passport.
- 6) Use [Rapid Pass](#) prior to arriving on the day of your appointment to facilitate your registration and save time.
- 7) Individuals who are at least 17 years of age, weigh at least 110 pounds, and are in generally good health may be eligible to donate blood. High school students and donors 18 years of age and younger also have to meet certain height and weight requirements (see chart below). Donors can generally donate again 56 days after a whole blood donation or 112 days after a double red cell donation.

MALE donors must weigh 110 pounds or more, depending on their height, according to the following chart:

If you are	4'10"	4'11"	5' or taller
You must weigh at least	118	114	110

FEMALE donors must weigh 110 lbs. or more, depending on their height according to the following chart:

If you are	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6" or taller
You must weigh at least	146	142	138	133	129	124	120	115	110

If you have questions or concerns regarding the blood donation process, or about donor eligibility, you can view the American Red Cross Frequently Asked Questions at [this link](#), or contact the Red Cross Donor Client Service Center, open 24 hours a day/7 days a week at 1-866-236-3276.