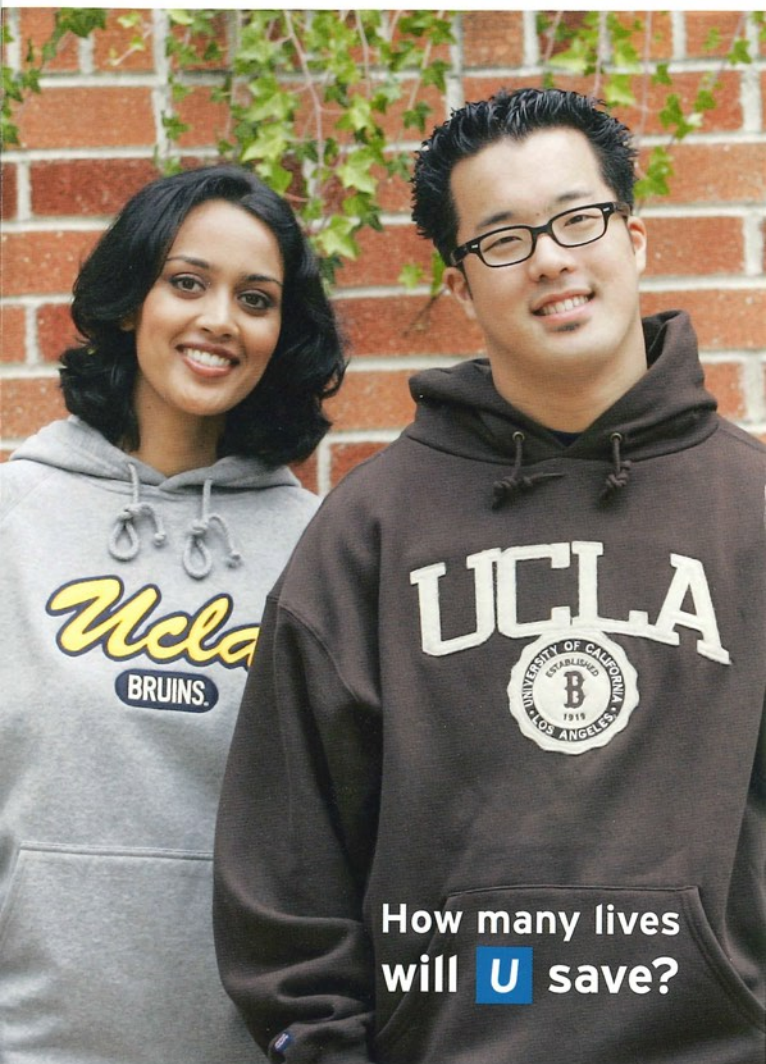


UCLA Health

Blood & Platelet Center

Blood Donor



How many lives
will **U** save?



Who can donate?

Donors must meet all required blood donation standards:

- Be at least 17 years old, or, if under the age of 17, have parental consent. There is no upper age limit.
- Weigh at least 110 pounds.
- Be in good health.
- Have no fever, cold, flu, sore throat or any other infection on the day of donation.
- Have not taken antibiotics for an infection in the last 3 days.

- Have no history of hepatitis B or hepatitis C.
- In the past 3 months, have not used needles to take, drugs, steroids, or anything else, unless prescribed by your doctor.
- Have not had sexual contact with a new partner and have had anal sex in the past 3 months.
- Have not had sexual contact with more than one partner and have had anal sex in the past 3 months.
- Not traveled to malaria-risk areas in the past 3 months.
- Not had a non-sterile needle stick/body piercing in the past 3 months.

For a complete list of requirements and to make an appointment to donate, please call 310-825-0888 ext. 2 or visit: uclahealth.org/gotblood

Donating is safe and easy.

You run absolutely no risk of getting AIDS or any other contagious disease by donating blood. Our equipment is sterile and disposable.

Allow about one hour for a whole blood donation. For platelet donations, collected through the apheresis process, allow two to three hours. You can return to regular activity the very next day.

The good news is part of that time is spent enjoying cookies and juice after you donate.

More good news:

- When you donate blood, you are contributing to a life-saving patient resource at UCLA Health. It's that simple and important.
- Our donors receive great thank you gifts, such as movie tickets and seasonal items.

Terms you may not know:

Directed donor

Want to donate for a friend, relative or specific patient? Be a directed donor.

Replacement donor

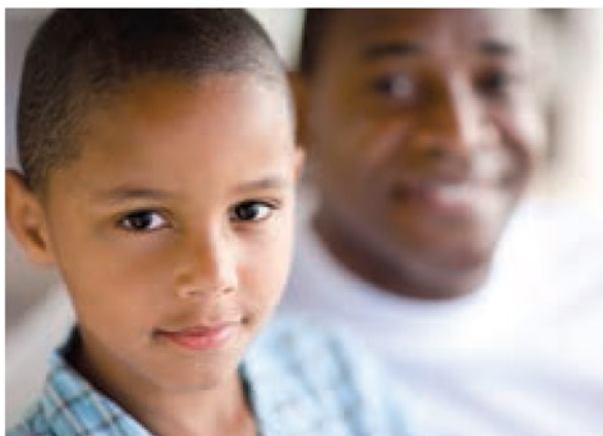
Want to help replace units that were used by patients and help keep our blood supply at a safe level? Be a replacement donor. Donate every 56 days, which is the amount of time you need to wait between donating whole blood. You can donate platelets more frequently.

Platelet donor

Want to help the most you can with one donation? Be a platelet donor. Platelets play a vital role in the clotting process. Due to their illness or treatment, some patients have a hard time producing healthy platelets.

Blood drives

Want to have a blood drive for your business, school, place of worship or other organization? Call us at 310-825-0888 ext 2.



Nearly 200 donors save crash survivor's life.

Internet executive Brandon Levine, 41, has no memory of the April 2014 motorcycle accident that left him with a severed aorta and vena cava; shattered face, eye socket, jaw, arm and hip; and damaged lungs, kidneys and liver.



After being rushed to Ronald Reagan UCLA Medical Center, Brandon was transfused with 207 units of blood, plasma and platelets — roughly 20 times a typical adult's blood volume. With a 5 percent chance of survival, Brandon spent two months in the intensive-care unit — the first month in a coma. But thanks to the life-saving blood and platelet donations from 196 individuals, Brandon was kept alive as his team of doctors performed emergency heart surgery — one of ten surgeries he would ultimately need.

Brandon's UCLA blood donors span in age from their mid-teens to mid-70s and represent diverse demographic backgrounds. Some have donated blood and platelets dozens of times.

“Donating blood is one of the most selfless and gracious gifts you could ever give anyone ... A part of you is inside me. I have no way to repay you, except to say thank you so much for my life.”

— *Brandon Levine, patient*

Why UCLA?

Year after year, Ronald Reagan UCLA Medical Center consistently ranks as one of the top American hospitals — and the best hospital in the western United States.

- UCLA Health has one of the world's most active organ transplant programs.
- UCLA Health is a Level One Trauma Center, safeguarding the health of more than four million residents in western LA County.
- UCLA Health is a major center for the treatment of cancer.

With these great accomplishments come great responsibilities. Perhaps no greater among them is providing exceptional care to every patient who walks through our doors. The high level of care we provide speaks to the tremendous number of blood donations we receive each year. But we still have need for to expand resources and our pool of donors — to reach our goal of 100 percent donation supply to our hospitals.

Why the UCLA Blood & Platelet Center?

We have one belief.

The well-being of our blood supply plays a critical role in the well-being of our patients.

We have two goals.

- Providing peace of mind for the patients of the UCLA Health hospitals
- Providing a positive and rewarding experience for our donors.

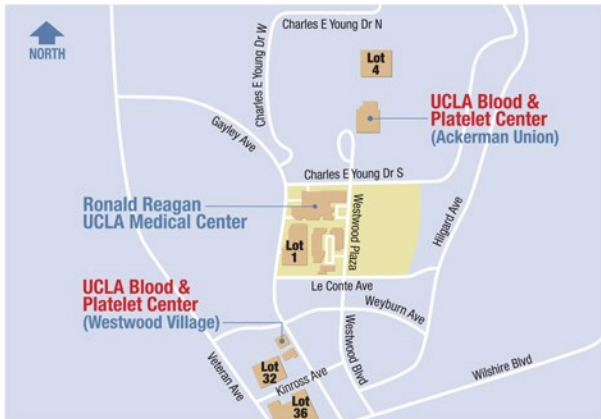
Be a hero. Make a blood donation.

A blood donor is an extraordinary person. Blood donations are an essential part of treatment for patients with cancer and other life-threatening medical conditions.

By becoming a blood donor, you can make a huge contribution to critically ill patients with special transfusion needs.

How many lives will **U** save?





Locations and parking

Our Westwood Village center is located at 1045 Gayley Avenue, two blocks north of Wilshire Blvd. between Kinross and Weyburn Avenues. We have several parking options available:

- **Lot 1 (at UCLA Medical Plaza)**
- **Lot 32 (one block north of Wilshire Blvd.)**

We also have a location on the UCLA campus in Ackerman Union with parking available in Lot 4 (on Westwood Plaza). We do not validate parking for any of the public lots. When you call for an appointment, please discuss the parking options, or visit our website for details.

Blood & Platelet Center

WESTWOOD VILLAGE:

1045 Gayley Avenue, Los Angeles, CA 90024

UCLA CAMPUS:

Ackerman Student Union, A-level

310-825-0888

E-mail: gotblood@mednet.ucla.edu

uclahealth.org/gotblood