

Your Iron and Donating Blood

An important aspect of each blood donation is to ensure that the your iron level is adequate.

Two methods may be used to determine a your iron level. The first method requires a drop of blood taken from your fingertip to be dropped into a solution of copper sulfate. If the blood sinks to the bottom within 15 seconds, this would indicate that the iron level is satisfactory. If this does not occur, a more specific measurement can be done. For blood donors, the iron level is required to be slightly higher than what is considered the “normal range.”

Approximately 10 percent of those individuals who register to donate are temporarily deferred and the majority of deferrals are due to low iron. The body does not store iron well and the level can fluctuate almost daily. An increase in iron intake will generally raise the level and allow an individual to meet the requirements to donate.

In order to pass the iron test, you can try donating again in one week if you maintain an iron diet prior to donating whole blood, plasma or platelets.

Some tips and information on iron:

- ❖ The adult minimum daily requirement of iron is 18mg
- ❖ Foods can be cooked in an iron skillet absorb iron, which the body can then use.
- ❖ Iron absorption is enhanced if vitamin C is taken at the same time.

Foods High in Iron

Broccoli	Sweet Potatoes	Prune Juice
Tomato Juice	Brussel Sprouts	Peas
Shellfish & Fish	Dried Fruits	Meats
Strawberries	Poultry	Nuts
Dried Beans	Leafy Green Vegetables	