



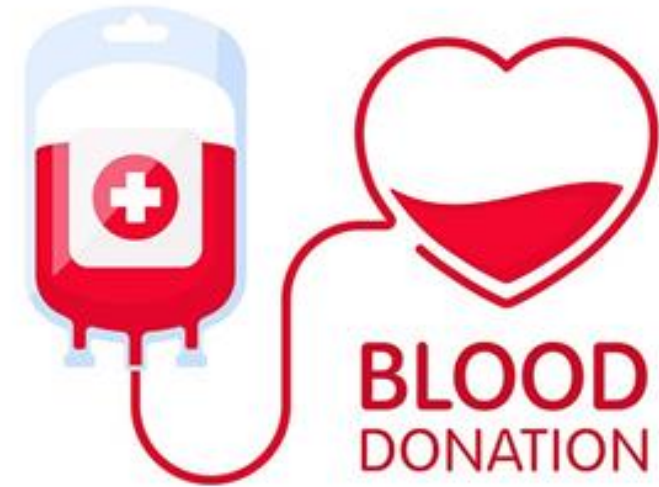
REGIONE  
LAZIO



SERVIZIO SANITARIO REGIONALE

ASL  
RIETI

## Blood and blood product donor information



### **ASL RIETI**

**Registered office address : Via del Terminillo 42  
02100 Rieti**

**[www.asl.rieti.it](http://www.asl.rieti.it) | [asl.rieti@pec.it](mailto:asl.rieti@pec.it)**

**Tel. +39 0746 2781**



REGIONE  
LAZIO

## ► Where to Donate

**Immunohaematology and Transfusion Medicine Service** – Ground floor – S. Camillo de Lellis Hospital, Rieti.

**Donation hours:** Monday to Saturday, from 8:00 AM to 11:30 AM.

It is also possible to book your donation by choosing a specific day and time.

You can call Monday to Friday, from 11:30 AM to 1:30 PM, at the following numbers:

**Transfusion Center – Rieti Hospital:** 0746 278352

**Municipal AVIS:** 0746 200655 – 393 8248254

**Associazioni e Federazioni dei Donatori di Sangue ed Emocomponenti convenzionate con ASL-RI:**

- **AVIS PROVINCIALE RIETI** – Via Cervellati 3, Rieti.
- **FRATRES RIETI** – Gruppo di Donatori di Sangue – Piazza Matteocci 1, Rieti.
- **CROCE ROSSA ITALIANA RIETI** – Via Salaria per l'Aquila snc, Cittaducale (RI).
- **CROCE ROSSA ITALIANA BASSA SABINA** – Via Ternana snc, Fara in Sabina (RI).

## ► Blood donation: eligibility and requirements

**Age:** Donation is permitted for individuals between **18 and 65 years old**. For periodic donors, donation is allowed up to **70 years of age**, subject to a cardiological evaluation.

**First-time Donors:** Individuals wishing to donate for the first time can be accepted up to the age of **60**.

**Weight:** Must be at least **50 kg**.

**Blood Pressure:** Must be lower than **180/100 mmHg**.

**Heart Rate:** Must be between **50 and 100 beats per minute**.

**General Health:** Candidates must be in good health and must not suffer from chronic diseases involving organ damage.

**Frequency of Donation:**

- **Men:** Can donate **4 times a year** (every 90 days).
- **Women of childbearing age:** Can donate **2 times a year** (every 90 days).

## ▶ Blood Donation: Information for Donors

### **Entrance and Accessibility**

Blood and blood component donors have a reserved entrance directly at the Transfusion Service (SIMT) of the San Camillo de Lellis Hospital, with one dedicated parking space available. Direct access to the SIMT is clearly marked by dedicated signage along the entire perimeter road surrounding the hospital.

### **Dietary Recommendations**

Fasting is **not** required to donate; in fact, it is discouraged. It is preferable to have a light breakfast consisting of: coffee, tea, fruit juice, or freshly squeezed orange juice (sugar may be added, but **no milk**). Additionally, two dry biscuits or two rusks with jam may be consumed.

### **Identification and Pre-Donation Checks**

To donate, donors must present a **Health Insurance Card** and a **valid Identity Document**. These are essential for identification, computerized registration, and the traceability of pre-donation physical fitness parameters (capillary hemoglobin, blood pressure, and heart rate).

### **The Medical History Questionnaire**

Donors will be provided with a medical history questionnaire, which must be filled out exclusively by the donor in a dedicated room, ensuring total respect for privacy.

### **Medical Examination and Eligibility**

After completing the questionnaire, the donor will undergo a medical examination. The doctor will evaluate the pre-donation physical parameters and any risk factors identified during the interview. At the end of this evaluation, the doctor will issue a formal judgment on the donor's eligibility.

### **The Donation Process**

Once deemed eligible, the donor will be accompanied to the collection room. The procedure involves a venipuncture using a sterile, single-use collection kit. The amount of blood donated is 450ml, and the process takes approximately 10-15 minutes. Throughout the collection, the donor is constantly monitored and assisted by specially trained healthcare personnel. A doctor remains available during the entire process to answer any questions.

### **Post-Donation Care**

After the donation, donors are guaranteed adequate rest and appropriate refreshments.

### **Test Results**

The results of the blood tests performed to validate the unit of blood or blood components will be sent to the donor via regular mail.

### **Employment Rights and Paid Leave**

After donating, donors are entitled to a paid day of rest. Blood donation leave is granted to subordinate employees (excluding self-employed workers and freelancers) who donate blood or blood components free of charge.

## ▶ Who cannot donate blood?

People who engage in high-risk behaviors are ineligible to donate. These include: drug use, alcoholism, sexual behaviors at risk of transmitting infectious diseases, individuals with HIV/AIDS, carriers of Hepatitis B or C, and those using steroids or anabolic hormones. The use of other medications and/or substances will be evaluated by the screening physician during the eligibility assessment.

In certain cases, blood donation may be **temporarily suspended:temporary suspension**

Reason	Period of suspension
Childbirth	6 months
Menstrual cycle	5 days after the end of the period
Vaccinations	From 48 hours to 4 weeks
Mononucleosis	6 months
Piercings, ear piercing, tattoos, and endoscopies	4 months
Flu (Influenza)	2 weeks
Dental procedures	From 48 hours to 4 months
Medication intake	From 5 days (anti-inflammatories) to 15 days (antibiotics, antihistamines, corticosteroids)
High-risk sexual encounters (even if protected)	4 months

## ► Different forms of donation

### Blood Donation

Blood donation is defined as blood drawn from a donor for transfusion purposes using sterile, single-use equipment, including specific collection bags containing an anticoagulant solution. After donation, each unit collected is separated (fractionated) into red blood cells, plasma, and platelets.

**Who can donate:** Men and women between the ages of 18 and 60 (up to 65 for regular donors).  
Minimum weight: 50kg (110 lbs).

#### Frequency:

**Men:** Maximum 4 times a year (every 90 days).

**Women of childbearing age:** Maximum 2 times a year. This is to protect the woman's iron reserves, which are already taxed by the menstrual cycle.

**The "Ideal" Donor:** Anyone in good health, although Type O Negative (universal donor) and A/B Negative groups are always in high demand.



### Plasmapheresis

In plasmapheresis, only plasma is collected. This is the liquid component of the blood, consisting of water (80%), mineral salts, proteins, and clotting factors.

**Who can donate:** Virtually all donors who are eligible for whole blood donation. Since plasma is composed of 80% water, the body regenerates it within a few hours.

**Frequency:** Much higher than whole blood. In Italy, you can donate plasma every 14 days (up to a maximum of 1.5 liters per month and 12 liters per year).

**The "Ideal" Donor:** The AB group is the "universal plasma donor" (their plasma can be given to anyone regardless of the recipient's blood type); therefore, AB donors are strongly encouraged to choose plasmapheresis.



Other informations on <https://www.asl.rieti.it/come-fare-per/donazione-sangue/>