

1. Check the blood donation eligibility criteria from Children's National Hospital website before making an appointment.
 - a. <https://childrensnational.org/departments/pathology-and-laboratory-medicine/blood-donor-center/eligibility>
 - b. <https://childrensnational.org/departments/pathology-and-laboratory-medicine/blood-donor-center/eligibility/additional-eligibility-criteria>
2. There is shortage of blood currently and the supply is in critical demand. Below is a note from the hospital website.

Children's National, like the rest of the nation, is experiencing a donation shortage. Supply is in critical demand. You can help by scheduling a donation at the Blood Donor Center to make a difference in a patient's life and help during this critical time.



<https://childrensnational.org/departments/pathology-and-laboratory-medicine/blood-donor-center>

3. Call the Blood Donation Center at Children's National Hospital at 202 476 5437. They are open from 7am-3pm for platelet donation. Note that platelet donation process itself takes around 83 minutes. The total time takes about 2.5 hours.
4. The machine removes platelets from the blood and send the blood back to the body. The platelet is a golden color liquid that is collected in a plastic bag.



Figure 1. Platelet extracted from the blood in a plastic bag.

<https://platelets.blood.co.uk/about-platelets/>

5. The center provides free parking day pass for the amount of time your car is parked at the basement of the hospital. They also provide snacks and drinks at the donation site. They also give three options after the platelet donation. (1) Free towel, (2) Free face mask, (3) Free meal from the cafeteria.
6. Here the steps after a person arrives at the hospital.
 - a. Hospital address that needs to be feed into the GPS is (111 Michigan Ave NW, Washington, DC 200100). Parking entrance from Michigan Ave is shown below.



Figure 2. Hospital entrance (next right)



Figure 3. Entrance to the parking

- b. Take the parking ticket and park you at the basement of the hospital. Take the elevator and reach the main lobby (level 1).
- c. Get the visitor pass from the information table (couldn't find a picture of the information center from where visitor pass is made). Tell them that you are here for platelet donation and have an appointment.
- d. Go to the elevator that is on the other side of the building. Press 2 on the screen at the elevator.



Figure 4. This is the view from the elevator doors that take you to the second floor where the donation center is located

- e. Exit the elevator at level 2 and look for the sign of Blood Donor Center. You need to pass the cafeteria and go to the right.
- f. You will see a door with Blood Donor Center written on it
- g. Tell the staff that you are here for platelet donation for the patient Akbar Ali Syed. Tell them that you are not his blood relative.
- h. The staff gives you a document (about 10 page) and asks you to read it completely to check your eligibility. You read the document and then give it back to the staff and sign one page for the consent. Please make sure that the patient's name (Akbar Ali Syed) should be on the bottom of that page.
- i. The staff takes you to a small room where they ask you pretty much the same questions that were in the eligibility document. They take your temperature and blood pressure.
- j. They then ask you to sit in a chair near the machine and take some blood samples for some quick tests.
- k. They use your other hand to take the platelets. They ask you to squeeze your hand every 5-10 seconds during the platelet extraction process. The whole platelet extraction process is about 85 minutes. You might feel a little cold and they place warm blankets on you if needed. Below is an example picture taken from a website.



Figure 5. platelet donation machine setup. Platelet extraction machine is shown as well.

<https://medium.com/@aplusapp/in-honor-of-national-blood-donor-month-we-asked-people-why-they-donate-909c9ff5da98>

- l. When done, they remove the needle and place a bandage on it.
- m. You need to sit for 10 min at a nearby desk to make sure everything is fine.
- n. They provide you snacks and drinks and give you parking pass along with a choice of a towel, a face mask, or a lunch voucher at the end.
- o. You then go back to the elevator (follow exit signs) and reach the main lobby. From there you go to the parking elevator and go to the parking level where your car is parked. Note that there are probably 3 parking levels.
- p. Use the parking pass to exit the hospital.