

# Thinking of giving blood?

Please review the following most common factors that will determine if you can or cannot give blood.\*

**Most people are able to give blood if they:**

- feel fit and healthy
- are aged between 16 and 70
- weigh over 45kg

**You may be temporarily unable to give blood if you:**

- are on certain medications or antibiotics
- have a cold or are feeling unwell in any way
- have certain medical conditions
- changed medications
- recently had surgery
- had a piercing
- travelled since last donation
- been to the dentist

**You will not be able to give blood if you:**

- have visited or lived in the UK for a cumulative total of 6 months or more between 1980 and 1996
- have engaged in male to male sexual activity or other specified at risk sexual activity in the past 12 months
- have recently been pregnant or given birth
- have had a tattoo in the past 6 months
- have ever had a serious heart condition
- have ever had a serious blood disorder or disease
- have ever "used drugs" by injection or been injected with drugs not prescribed by a doctor or dentist

**Before giving blood:**

- **drink up** – in the 24 hours before donation, especially in warm weather, and have at least 3 good-sized glasses of water/juice in the 3 hours prior to your visit.
- **eat up** – make sure you eat something in the 3 hours before donating
- **bring ID** – please bring at least one form of photo identification

If you are unsure about your eligibility to give blood, call us and speak to one of our medical professionals.

\* Further eligibility criteria apply.

For further information call **13 14 95**  
or visit **donateblood.com.au**



 **Australian Red Cross  
BLOOD SERVICE**