

# Basic Requirements for Giving Blood



## I.D.

A piece of identification with your full name and signature, or full name and photograph is *required* to donate.

## Age

You must be between 17 and 71 years of age (for regular donors), or between 17 and 61 years of age (for first-time donors) to donate. To continue donating after your 71st birthday, donors should contact Canadian Blood Services prior to donation for further eligibility information.

## Weight

Please refer to height and weight chart.

## Frequency of Donation

Minimum interval between blood donations is 56 days.

## Health

At the time of donation, you should be in general good health and feeling well. You should have had something to eat and adequate sleep the night before. You must also meet the hemoglobin (iron) requirements through a test done at the clinic.

## Screening

At the time of donation, you will be asked a number of questions to determine your eligibility. Below are examples of some basic eligibility questions you will be asked:

### ***If you have had:***

- A cleaning or filling
- An extraction, root canal or dental surgery
- A cold, flu or sore throat
- Had ear or body piercing or tattooing
- H1N1 or flu shot
- Traveled outside North America (Canada & US)

### ***You must wait:***

- Deferred for the day of the treatment
- Deferred for 72 hours with full recovery
- Full recovery
- 6 months
- 48 hours
- Please talk to one of our nurses about your trip

## Is it safe to donate blood?

Yes. Donating blood does not put you at risk of disease. All needles are sterile, used only once and discarded. The usual blood collection – a “unit” – is about half a litre, or one pint. Your body soon replaces all the blood you donate.

The above eligibility requirements were accurate at the time of printing. Eligibility requirements are subject to change. For complete eligibility requirements, please contact Canadian Blood Services by calling: 1 888 2 DONATE.



**Canadian Blood Services**  
*it's in you to give*

1 888 2 DONATE

WWW.BLOOD.CA WWW.BLOOD.CA