



**Canadian  
Blood  
Services**

BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES

## You're coming to donate? We can't wait to see you. Here's your checklist for a smooth donation

### **Identification**

You must present at least one of the following forms of ID at the time of your donation:

- Government-issued ID showing your full name and date of birth.
- Canadian Blood Services donor card.

*\*If you use the GiveBlood app, your digital donor card found on the app is also acceptable. To use the digital donor card, enter the donor ID number that appears on the front of your donor card on the Canadian Blood Services app.*

### **Age**

You must be at least 17 years of age.

### **Weight**

You must be at least 50 kg (110 lb.) First time donors (aged 17-23) must meet our height and weight requirements.

Visit [blood.ca/am-i-eligible](http://blood.ca/am-i-eligible) for additional information.

### **Frequency of donation**

Minimum interval between blood donations is 56 days for males and 84 days for females.

### **Health and testing**

You must be in general good health and feeling well. You must also meet the hemoglobin requirements (test done at the donor centre) on the day of your donation.

### **Screening**

At the time of donation, you will need to answer a number of questions to determine your eligibility.

### **Hydration and nourishment**

- Make sure you drink lots of water, eat a healthy meal and are fully-rested.
- Have a salty snack and 500 mL of water just before you donate.

## **Wait before donating, until:**

- The day after treatment if you have had a cleaning or filling. If you have had an extraction, root canal or dental surgery you must wait 72 hours after treatment, and be fully recovered, before you donate.
- You have fully recovered, if you have a bad cold, flu or sore throat.
- Three months have passed, if you have had any body piercings or tattoos.

## **Our commitment to safety**

Donating blood does not put you at risk for diseases. 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 more information on eligibility requirements, please visit [blood.ca/am-i-eligible](http://blood.ca/am-i-eligible) or call **1 888 2 DONATE** (1.888.236.6283).

When completing the donor questionnaire, remember to answer all questions truthfully to make a false statement is a serious matter that could harm others.