



I NEED TO KNOW ABOUT DONOR SELECTION CRITERIA

What are the age limits for donating blood?

To be eligible to start donating blood, you must be between the ages of 18 and 70 years old. Existing donors are able to donate up until the age of 80.

Do I have to be a certain weight?

Yes. To donate blood, the minimum weight is 50 kg.

Do I need to do anything before donating?

Drink: It is very important to hydrate yourself before your donation, especially in the warmer weather. You should drink well in the 24 hours before you come to donate and have at least three good-sized glasses of water or juice in the three hours before donating blood. This will reduce the risk of feeling faint.

Eat: It's good to have something substantial to eat in the three hours before your donation. This can be toast or cereal for breakfast or a sandwich for lunch. Do not donate on an empty stomach.

Do I need to bring anything to the donation?

Yes, you will need to prove your identity. ID must be presented every time you wish to donate blood. Your identification must include three separate identifiers, preferably in a single document such as:

- Driver's licence
- Student card
- Blood Service Blood Donor Card.

Will I be asked questions?

Yes. Everyone donating blood, for every donation, is asked a set of standard questions. These include questions related to your current health, previous possible exposure to infectious diseases and travel (see our fact sheet *I Need to Know About Travel Deferrals*, Vol 3, No 11). These questions have been shown to increase the safety of our blood donors and the patients who receive their donations.

BLOOD FACT

Australia collects around 25,000 blood donations each week and 1.3 million each year.