



Be the type to save a life!

BASIC REQUIREMENTS FOR BLOOD DONATION

IDENTIFICATION Identification with full name and signature, or full name and photograph required.

AGE Between 17th and 71st birthday (regular donor), or between 17th and 61st birthday (first-time donor). To continue donating after their 71st birthday (regular donor) or after 61st birthday (first-time donor) donors should contact Canadian Blood Services prior to donation for further eligibility information.

WEIGHT At least 50 kg (110 lbs). Between 17th and 23rd birthday (first-time donor), visit www.blood.ca or call for additional criteria.

FREQUENCY OF DONATION Minimum interval between blood donations is 56 days.

HEALTH In general good health and feeling well. You should have had something to eat and adequate sleep. You must also meet hemoglobin (iron) requirements (test done at clinic).

SCREENING At the time of donation, you will be asked a number of questions to determine your eligibility.

Patients rely on
people like you
to give as often
as every 56 days.
Your generous
donation can help
save a life.

If You Have...	You must wait before donating...
Had dental treatment (extractions, fillings, cleaning, restoration)	For cleaning or filling: until the day after treatment For extraction, root canal or dental surgery: 72 hours provided there is full recovery
A cold, flu or sore throat	Full recovery
Had ear or body piercing or tattooing	6 months

DONATING BLOOD – A SAFE PROCEDURE

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 (1-888-236-6283).

Book your appointment to save a life.

online: www.blood.ca

phone: 1 888 2 DONATE
(1-888-236-6283)



Canadian Blood Services
it's in you to give