

# PRE-DONATION CHECKLIST



**Here are some common factors that will help determine whether you may be able to give blood.**

You **should be able** to give blood if you:

- ✓ feel fit and healthy
- ✓ are aged between 18 and 75 if it's your first donation, or 18 or older if you have previously donated in Australia
- ✓ weigh over 50kg
- ✓ have your photo ID or donor card with you
- ✓ have had something to eat and had plenty of fluids to drink

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

- ? have recently travelled
- ? are awaiting the results of medical tests
- ? have a cold, headache, cuts, abrasions or cold sores, or are feeling unwell in any way
- ? have certain medical conditions
- ? have changed medications
- ? have recently had surgery
- ? have recently had dental treatment
- ? have recently had a piercing
- ? have ever had a serious heart condition

You **won't 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 ever had a serious blood disorder or disease
- ✗ have injected or been injected in the past 5 years with drugs not prescribed by doctor or dentist
- ✗ have had a tattoo (including cosmetic tattoos) in the past 4 months

**If you have any questions or would like more information please visit [donateblood.com.au/eligibility](https://donateblood.com.au/eligibility) or call 13 14 95.**

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 **Australian Red Cross  
BLOOD SERVICE**