

Please review the following most common factors that will determine if you can or cannot give blood.*

If you have any questions concerning your eligibility, please call 13 14 95 to confirm:

- Did you live in or visit the UK between 1980 and 1996, for a total of 6 months or more? *UK includes England, Scotland, Wales, Northern Ireland, Channel Islands, Isle of Man & the Falkland Islands*
- Are you aged between 18 and 70 years old?
- Do you weigh at least 50 kg?
- Do you have a serious heart condition? *Including heart attack, surgery or stroke.*
- Are you pregnant or have you been pregnant in the last 9 months?
- Have you had any medical procedures in the last 12 months or any planned procedures in the next 4 months?
- Have you had any tattoos or piercings in the last 4 months?
- Have you travelled outside of Australia in the last 4 months or to Papua New Guinea in the last 3 years?
- Are you taking any ongoing medications prescribed by a doctor or have you taken any antibiotics in the last 5 days?
- Have you been having ongoing dental procedures?
- Can you think of anything else that may stop you from donating?
- Within the 7 days leading up to your appointment you need to be healthy and well and free of any dental treatments

Before giving blood:

- **Drink up** – have at least 4 glasses of water/juice in the 3 hours prior to your visit
- **Eat up** – make sure you eat something savoury in the 3 hours before donating
- **Bring ID** – please bring at least one form of photo identification

*Further eligibility criteria apply