

Information for Blood Donors

Thank you for your interest in donating blood. Listed below are a few requirements to determine if you're eligible to donate.

Minimum Age: 17

Minimum Weight: 110 lbs.

Photo ID Required

Basic Good Health

- No fever, sore throat or flu-like symptoms.
- No active cold or allergy symptoms (congestion, coughing, wheezing).
- No diarrhea with fever within the last 30 days.
- No recent major surgery.
- No history of hepatitis, convulsions, heart disease or cancer.



Medications

Bring the names of any medications you are currently using. If you are on an antibiotic, other than one prescribed for treating acne, you may not give blood. You must be off all other antibiotics for 24 hours before being eligible to give blood.



Travel

If you have traveled outside the U.S., please bring a list of any countries you have visited. You should know where you went, when you went, and how long you were there.

Tattoos/Body Piercing/Branding

If you have had a tattoo, body piercing or branding within the past 12 months, you may not give blood. (Ear piercing conducted by a reputable technician using an ear piercing gun is acceptable.)



Alcohol

No alcohol should be consumed in the 12 hours prior to giving blood.

Food

Blood donors are required to eat a good meal within three hours before giving blood.



Sports

If you plan on participating in an athletic event the day of the blood drive, it is the Blood Bank's recommendation that you not give blood. If you do give blood, you will be fine to participate in sports the day after your donation.