

**Here are a few guidelines to follow for donating blood:**

**Meals** - You should eat prior to donating blood (and increase fluids).

**Frequency** - You can donate every 56 days.

**Athletics** - You should avoid strenuous activities for at least 24 hours after donating.

**Menstrual cycle** - You can donate during your menstrual cycle.

**Allergies** - You can donate as long as you're not taking oral steroids.

**Cold/flu/sore throat** - Wait until you are feeling well.

**Skin/ear piercing** - You may donate if disposable equipment was used. Any other method, wait one year.

**Tattoos** - You may donate if disposable equipment and single-use ink were used. If not, you must wait one year.

**Pregnancy** - Wait six weeks after delivery, or one year if delivery required blood transfusion.

**Diabetic** - Acceptable.

**Surgery** - Acceptable. If you received blood products, wait one year.

**Mononucleosis** - Wait for release from your doctor's care, and you are feeling well and healthy.

**Dental visit** - Acceptable.

**Antibiotics** - You must wait 24 hours after taking your last dose of antibiotics.

**Low iron (anemia)** - You are NOT permanently deferred. Try again in a week.

*Questions? Call (800) 989-2201.*

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*Someone's life depends on YOU.*

**High school Appointment card/pass**

Name \_\_\_\_\_

Appointment date \_\_\_\_\_ Time \_\_\_\_\_

Class period/block \_\_\_\_\_ Room# \_\_\_\_\_

**BLOOD DONOR INSTRUCTIONS**

*Eat a good meal prior to donating.*

*Bring photo I.D.*

*Increase fluid intake prior to donating.*

*Do not lose this card. It is your pass out of and into class.*

**MUST BE 16 OR OLDER AND WEIGH 110 LBS. OR MORE. WRITTEN PARENTAL PERMISSION IS REQUIRED FOR 16-YEAR-OLDS TO DONATE BLOOD.**



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