

# Basic requirements for blood donation



## Identification

You must present at least one of the following forms of ID at the time of your donation:

- Government issued ID showing your full name and date of birth
- Canadian Blood Services issued ID

*\*If you use the GiveBlood app, your digital donor card found on the app is an acceptable form of ID. To use the digital donor card, enter the donor ID number that appears on the front of your donor card on the Canadian Blood Services app.*



## Age

You must be at least 17 years of age.



## Weight

You must be at least 50 kg (110lb.) First time donors (aged 17-23) must meet our height and weight requirements. Visit [blood.ca](http://blood.ca) for additional information.



## Frequency of donation

Minimum interval between blood donations is 56 days for males and 84 days for females.



## Health and testing

You must be in general good health and feeling well. You should have had something to eat and adequate sleep. Make sure you are well hydrated.

You must also meet the hemoglobin requirements (test done at the donor centre) on the day of your donation.



## Screening

At the time of donation, you will need to answer a number of questions to determine your eligibility.

## Wait before donating, until:

- The day after treatment if you have had a cleaning or a filling. If you have had an extraction, root canal or dental surgery you are eligible 72 hours after treatment, as long as you have fully recovered.
- You have fully recovered, if you have a bad cold, flu or sore throat.
- Three months have passed, if you have had an ear or body piercing or tattoos.

## Our commitment to safety

Donating blood does not put you at risk for diseases. 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 more information on eligibility requirements, please visit [blood.ca](http://blood.ca) or call **1 888 2 DONATE (1.888.236.6283)**.

When completing the donor questionnaire, remember to answer all questions truthfully and that to make a false statement is a serious matter that could harm others.



**Canadian  
Blood  
Services**

BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES