

Am I eligible?

Let's find out! If you answered "yes" to all the following questions, you may be able to donate as of today. Please note that final eligibility is determined by a Canadian Blood Services representative at the time of your appointment.



I have not had a tattoo or piercing in the last three months.

If you have, please come back after three months

17+

I am over 17 years old.



I have not travelled outside Canada or the continental USA in the last 12 months.

If you have, please check country list



I weigh more than 110 lb.



I have not been pregnant or had a baby in the last six months.



I am not taking prescription medications.

(please check acceptable prescription list or call 1 888 2 DONATE before continuing)



I have not had a cleaning or a filling in the last 24 hours or dental surgery in the last 72 hours.



**Canadian
Blood
Services**

BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

Learn more at
blood.ca/am-i-eligible

The blood donation process



Before you donate...

- Drink lots of water, eat a healthy meal (avoid fatty foods) and had a good night's sleep
- Bring your government-issued ID or Canadian Blood Services ID



At the donor centre...

- Check in with one of our team members
- Complete the donor questionnaire and interview
- You will be provided with 500 ml. of water to drink and a salty snack to have before your donation
- Sit back, relax and donate



After you donate...

- We will apply a pressure bandage to your arm
- We will ask you to do muscle tensing exercises
- We will encourage you to stay for at least 15 minutes,
- Rehydrate and enjoy a snack in our refreshment area



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