

Find the
hero
in you.

BLOOD DONATION ON THE FAST TRACK

Donors have told us they would like to get through the donation process faster. We are committed to respecting your time while ensuring a safe blood supply for the patients in your community. We're working on new systems and processes to help speed things up; here's how you can help:

1. Bring **personal identification**. We prefer ID that has your picture and full name. Some acceptable forms of ID include: Driver's License, Work or School ID (with picture and full name) or Passport. Bringing along your Blood Donor Card will help get you through the registration process quickly. If you don't have one, please ask our staff to order one for you.
2. Bring a list of all countries (and cities/areas) you have visited (with dates) in the past 12 months and do the same for all European countries you've visited since 1980. To help, we have included a form (on page 2) for you to complete before your next donation. **Please be sure to update this list every time you travel and every time you donate.**
3. Wear a top with loose-fitting sleeves (preferably short sleeves) so that we can appropriately check your blood pressure and check for the best vein to use to collect your blood.
4. Make an appointment. We make every attempt to take donors with appointments before "walk-ins." To schedule your lifesaving appointment, visit our website (it's below our logo at the bottom of this page).

Blood Donor Qualifications

Basic Qualifications	Age 16 or older for whole blood or apheresis donations (parental permission is required for all 16-year-old donors and, in some states, for 17-year-old donors.)	
	Weight: At least 110 pounds (50 kg) There are some weight and height restrictions for donors younger than 23 . See chart below.	
	Waiting Period between donations: whole blood donations: 56 days platelet donations: 7 days double red cell donations: 112 days plasma donations: 28 days	

Height/Weight Restrictions for Donors Age 16-22 Eligibility is Based on Estimated Total Blood Volume								
Males between 16 and 22: you must be at least 5' tall and weigh at least 110 pounds.								
Females between 16 and 22: If you weigh at least 110 but are shorter than 5'6", please refer to this chart*:								
Females who are:	≥ 4'10"	≥ 4'11"	≥ 5'	≥ 5'1"	≥ 5'2"	≥ 5'3"	≥ 5'4"	≥ 5'5"
Must weigh:	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115
*Shorter people must weigh more to achieve a 3500 mL blood volume.								

Please see page 2 for additional qualifications, our medications list, and other important information.

*Thanks for finding the hero in you!
Together we can make your donation safe, fun and as quick as possible!*



United Blood Services

www.UnitedBloodServices.org