

WHO CAN DONATE

While almost everyone can give blood, remember there are some exceptions. If you think you may be affected by these, or any other conditions, please call our Donor Care line on 0845 30 17 2 70 so a trained medic can offer you advice. This may avoid a wasted journey for you. There are 2 main reasons why you shouldn't give blood:

1. If giving blood could affect your own good health, for example:
 - If you have certain medical conditions or are taking certain types of medication
 - If you have had certain types of surgery in the past 12 months
 - If you weigh less than 7st 12lbs (50kg)
 - If you are under the age of 17 (extra checks are applied if you are over the age of 66)
 - If you are pregnant or have been pregnant within the last nine months

2. If your blood could transmit an infection to the person who receives it, for example:
 - If you have visited a foreign country within the last 12 months where you may have been exposed to malaria, such as parts of Africa or South America, or within the last 4 weeks where you may have been exposed to West Nile Virus.
 - If you have ever injected drugs
 - If your lifestyle puts you at risk of HIV or hepatitis
 - If you have had ear /body piercing or a tattoo within the last year
 - If you have received, or think you may have received, a blood transfusion in the UK since 1980
 - If you have visited the dentist within the last 24 hours or had a tooth extraction or root treatment in the last 7 days
 - If you have been in close contact with someone with a viral infection (such as measles or chicken pox) in the last 4 weeks
 - If you yourself have an infection at present eg flu or a cold (even if you are taking antibiotics)