



Blood Donation Checklist

To determine if you are eligible to donate

- ☐ Weighs at least 50 KGs and ages over 18.
- ☐ **COVID - 19**
 - ☐ Have not been vaccinated in last 14 days.
 - ☐ Have recovered from COVID-19 with no symptoms in last 28 days.
 - ☐ Have no symptoms of COVID-19
- ☐ Haven't donated blood in the last 3 months for Men & 4 Months for Women.
- ☐ Be free of major cold or flu-like symptoms in last one week.
- ☐ No history of Hepatitis B or C, Rabies, Animal Bite or Typhoid in last 12 months
- ☐ Normal Levels of Thyroid & Blood Sugars [With or Without Medication]
 - ☐ No Insulin
- ☐ No history for Blood Pressure
- ☐ Acceptable Hemoglobin (>12.5 gms %)
- ☐ Not on Medication. [In last 3 days]
- ☐ No history of Tattoo in last 12 months.
- ☐ Haven't consumed Alcohol in last 24 hours.
- ☐ **For Women**
 - ☐ No irregularities in Menstruation cycle.
 - ☐ Not on Period during donation.

Preparing for your blood donation appointment. These steps will help you prepare for your donation:

- ☒ Get a good night's sleep.
- ☒ Eat a healthy meal at least one hour before donating.
- ☒ Drink plenty of water before your donation.
- ☒ Make sure you bring verification of your identity.

Post Donation Tips:

- ☒ Rest for 15-20 mins with your feet elevated.
- ☒ If you feel dizzy, rest for an additional 15 minutes.
(IT IS NORMAL – SO, DO NOT PANIC)
- ☒ Drink plenty of fluids, like water or juice.
- ☒ Refrain from stooping down after blood donation.
- ☒ Refrain from activities which will cause strain or stress.
- ☒ Do not smoke for at least an hour after blood donation.

*If you have any additional questions, please get in touch
with onground blood bank staff.*