

GIVE BLOOD Save Lives

Can you donate blood?

Yes ✓

- ✓ If you are over 50kg/7st 12lb.
- ✓ If you are between 17 years old and 65 (for first-time donation).
- ✓ If you have 45 minutes to spare.
- ✓ If you have been eating and drinking normally today.
- ✓ If you are a smoker (but please consider giving up!).

Maybe?

- ? If you are on certain medications or have certain medical/cardiac conditions.
- ? If you have had acupuncture in the last twelve months.
- ? If you have recently travelled to a foreign country.
- ? If you are attending your GP or are attending hospital.

Not this time...

- ✗ If feeling unwell on the day (cold, flu, recent infection requiring antibiotics, etc).
- ✗ If you have had a tattoo or piercing in the last twelve months.
- ✗ If you are pregnant or had a baby less than six months ago.

Sorry, no.

- ✗ If you have had a blood transfusion since January 1980.
- ✗ If you fall into one of the high-risk groups (please refer to specific information).

Great - and please do bring a friend with you to donate next time!

Visit www.nibts.org or phone our medical helpline for more information.

If you're not already a donor and can't donate today, pick up a card at reception or visit our website to enrol.

If possible could you get someone to take your place?

MEDICAL HELPLINE 0500 534 669

TEXT BLOOD TO 60081 - CALL 0500 534 666

VISIT www.nibts.org

Northern Ireland Blood Transfusion Service

