

Can I give blood?

In order to do the most good, we need to make every donation as safe as possible for the donor and the person receiving it.



You should be all good to give if:

- You feel fit and healthy
- You're aged 18–75, if it's your first time (you can be older than 75 if you've donated in Australia before)
- You weigh at least 50kg
- You've got your photo ID or donor card with you
- You've had plenty to eat and drink

You might have to wait if:

- You've recently travelled
- You're waiting for medical results
- You've got a cold or you're feeling unwell
- You have certain medical conditions
- You've changed medications
- You recently had surgery
- You recently had dental treatment
- You recently had a piercing
- You have a headache, or you're feeling unwell in any way
- You have any cuts, abrasions or cold sores
- You've ever had a serious heart condition

We're sorry, we can't take your blood if:

- You've visited or lived in the UK for a cumulative 6 months or more, between 1980 and 1996
- You've engaged in male-to-male sexual activity, or other specified 'at risk' sexual activity in the past 12 months
- You were recently pregnant or gave birth
- You've ever had a serious blood disorder or disease
- You've injected, or been injected with, drugs not prescribed by a doctor or dentist in the past 5 years
- You've had a tattoo (including cosmetic tattoos) in the past 4 months

Your help is vital in making giving and receiving blood safer for everyone. Thank you.

