

Thinking of giving plasma?

Please review the following most common factors that will determine if you can or cannot donate plasma*.

Most people are able to give plasma if they:

- feel fit and healthy
- are aged between 18 and 70
- weigh over 50kg

You may be temporarily unable to donate plasma if you:

- are on certain medications or antibiotics, have a cold or are feeling unwell in any way
- have certain medical conditions
- have recently changed medications
- have recently had surgery
- have recently had a piercing
- have travelled since last donation
- have been to the dentist
- have had a tattoo in the past 4 months.

You will not be able to donate plasma if you:

- have visited or lived in the UK for a cumulative total of 6 months or more between 1980 and 1996
- have engaged in male to male sexual activity or other specified at-risk sexual activity in the past 12 months
- have recently been pregnant or given birth
- have ever had a serious heart condition
- have ever had a serious blood disorder or disease
- have ever injected or been injected with drugs not prescribed by a doctor or dentist.

Before donating plasma:

- drink plenty of fluids the day before you donate, especially in warm weather
- have regular meals in the 12 hours before and eat a substantial, preferably salty, meal or snack in the 3 hours before
- drink 3 good-sized glasses of water or juice in the 3 hours before your appointment
- bring your ID to your appointment

* Further eligibility criteria apply.

For further information call **13 14 95**
or visit **donateblood.com.au**

CHRIS

Chris has been donating for over 18 years and inspires his students to become donors too.



 **Australian Red Cross**
BLOOD SERVICE