

iTRANSFUSEFACTSHEET

all about blood

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I NEED TO KNOW ABOUT DONOR SELECTION

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What are the age limits for donating blood?

To be eligible to start donating blood, you must be between the ages of 16 and 70 years old. In Queensland and Western Australia 16–17 year olds require parental consent. Existing donors are able to donate up until the age of 80.

Do I have to be a certain weight?

If you are over 18 years, you must weigh at least 45 kg to donate blood. 16–17 year olds need to weigh at least 50 kg.

Why is there a weight difference for donors under 18?

Blood Service experience has shown that young donors who weigh less than 50 kg are at increased risk of fainting during or after blood donation.

Do I need to do anything before donating?

Drink: It is very important to hydrate yourself before your donation, especially in the warmer weather. You should drink well in the 24 hours before you come to donate and have at least three to four good-sized glasses of water or fruit juice in the three hours before donating blood. Plasma and platelet donors will need to have six to eight glasses three hours prior due to the larger volume of the donation. This will reduce the risk of feeling faint.

Eat: It's good to have something substantial to eat in the three hours before your donation. This can be toast or cereal for breakfast or a sandwich for lunch. Do not donate on an empty stomach.

Do I need to bring anything to the donation?

Yes, you will need to prove your identity. ID must be presented every time you wish to donate blood. Your identification must include



three separate identifiers in a single document such as:

- Driver's licence
- Student card
- Blood Service Blood Donor Card.

Will I be asked questions?

Yes. Everyone donating blood, for every donation, is asked a few standard questions. These include questions related to your current health, previous possible exposure to infectious diseases and travel. These questions have been shown to increase the safety of our blood donors and the patients who receive their donations.

PACKFACT

Australia needs more than 26,000 blood donations every week.



You can find more about travel deferrals in a previous iTRANSFUSE Fact Sheet and there will be more about the other questions in future iTRANSFUSE Fact Sheets.

The information contained in this fact sheet is not intended to be medical or professional advice. The disclaimer found at transfusion.com.au applies to this fact sheet.

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