

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 been eating and drinking on the day of your donation.
- ✓ If you are a smoker.
- ✓ If you don't know your blood group.

Great - ask a friend to also make an appointment next time!

Maybe?

- ? If you are on certain medications or have certain medical/cardiac conditions.
- ? If you have had acupuncture in the last four months.
- ? If you have lived in, or recently travelled to, certain countries.
- ? If you are attending your GP or are attending hospital.
- ? If you have had surgery since your last visit.
- ? If you have recently visited the dentist.

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

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 four months.
- ✗ If you are pregnant or had a baby less than six months ago.

If you're not already a donor and can't donate this time, visit our website to register.

Sorry, no.

- ✗ If you have had a blood transfusion since January 1980.

Please encourage someone else to make an appointment.

TO BOOK AN APPOINTMENT CALL 08085 534 653
MEDICAL HELPLINE 08085 534 669

TEXT BLOOD TO 60081 - CALL 08085 534 666
VISIT www.nibts.org

Northern Ireland Blood Transfusion Service

