

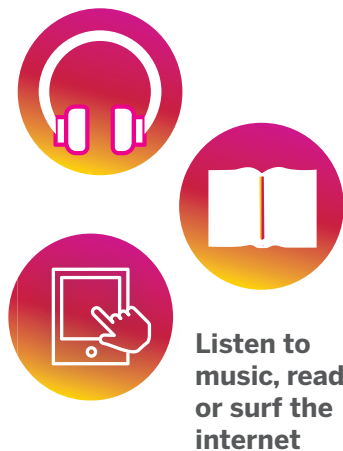
Tips For a Successful Blood Drive

It's normal to be a little nervous if you haven't donated before. Here are some tips to make your experience a positive one.

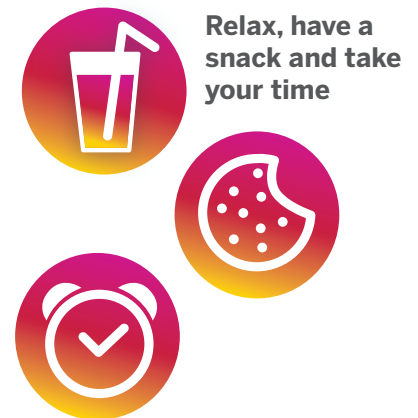
Before



During



After



Most deferrals are not for a lifetime. Below are a few reasons you may not be able to donate.

Medication - You can donate three days after finishing antibiotics for an infection. You can donate if you are taking antibiotics to prevent an infection, for example, following dental procedures. If you are taking antibiotics for acne, please check with staff to see if you're able to donate.

Pregnancy - Women who are pregnant should not donate. Please wait to donate until 6 weeks after giving birth. Women who are breast-feeding are eligible to donate.

Tattoos - If applied by a state licensed facility and fully healed, you can donate blood. If not, a 12-month waiting period is required from the time the tattoo was applied.

Travel - If you have traveled to an area impacted by malaria in the past year, we ask that you wait 12 months before donating after returning from that area. If you have ever had malaria, you must be symptom-free for three years. For more information, please visit Versiti.org.

When You Donate:

- Plan for the donation to take about an hour
- Bring photo ID with listed date of birth (e.g. driver's license or state ID)
- Know the name and dosage of any medications you take
- Know the dates of any out-of-country travel in past 3 years

For more information visit versiti.org/blood-donation-faq

