

# How can you prepare for your next blood donation?



**American  
Red Cross**

The need is constant.  
The gratification is instant.  
Give blood.™

1-800-RED CROSS | [redcrossblood.org](http://redcrossblood.org)

- Eat regular meals as normal.
- Drink plenty of fluids. Double up on fluids 24-48 hours in advance, and the day of your donation.
- Limit caffeine intake.
- Be sure you have a photo ID with you for your donation.
- Be able to list any foreign nations you've traveled to in the past three years, and your length of stay in each nation.

**We want to make sure that your next donation is as easy as possible. Be sure you meet the criteria below before scheduling your next appointment:**

Individuals who are 17 years of age (16 with parental permission in MD, PA and VA), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors YOUNGER THAN 19 YEARS also have to meet certain height and weight requirements. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate.

**For more information about eligibility or to schedule an appointment, call 1-800-RED-CROSS (1-800-733-2767) or additional information can be found at [www.redcrossblood.org](http://www.redcrossblood.org).**



*The American Red Cross will never share your personal information with any third party for any reason without your expressed consent.*