

Interested in Donating Blood? Here's what you need to know for your first donation.

Who can donate blood?

You, if you're 17 or older, 110 lbs or more, in good health and not experiencing cold or flu symptoms. (If you're 16, you can donate with your parent/guardian's permission.)

Is it safe?

Yes, donating blood is completely safe. You cannot contract diseases from donating blood. A sterile kit is used once to collect your blood and is then thrown away. Versiti is committed to safety.

Does it hurt?

No, donating blood does not hurt, though you might feel a quick stick when the needle first goes into your arm.

How long does it take?

An hour of your time – including a health questionnaire and brief medical screening, the blood donation itself (about 10 minutes on average), and refreshments.

Where can I make an appointment?

Scan the QR code below or visit versiti.org/wheretodonate.



How should I prep beforehand?

- **Sleep, eat, hydrate.** Get a good night's sleep, eat a healthy meal, and drink lots of fluids.
- **Bring a form of identification** – typically a driver's license or other government-issued ID card or your donor ID card.

What can I do during my donation?

Almost anything, as long as you stay in the chair! Read, surf the internet on your phone, stream your favorite shows, listen to music, etc.

What do I do afterward?

Take it easy. Before you know it, your donation is done. Stick around and enjoy a yummy snack. For the rest of the day, relax and drink lots of fluids. Feel proud that you saved lives. Then schedule your next donation!

How often can I donate blood?

Every 56 days or eight weeks; up to six times per year.

