

# THINGS TO REMEMBER before you donate.

**REST** - come well rested from a good night's sleep.

**EAT** - have a **good dinner** the night before, and a **good breakfast** the morning of your donation.

**HYDRATE** - double your fluid intake the morning of your donation. Water and juice are recommended.

**RELAX**- donating blood is simple, and remember, you are saving a life.

Most people can donate blood.

Below are a few **reasons you may not** be able to donate.

**Antibiotics** - you can donate three days after finishing antibiotics for an infection (bacterial or viral). You can donate if you are taking antibiotics to prevent an infection, for example, following dental procedures or for acne. Antibiotics for acne do not disqualify you from donating.

**Dental work** - you can donate if there is no infection.

**Heart disease** - a history of heart disease may require a letter of approval from your physician. Final approval is subject to review by a BloodCenter of Wisconsin physician. This will be determined during your health history when you come in to donate.

**Infections** - you must be infection-free.

**Menstruation** - women can donate during their periods.

**Piercings** - ear or body piercing using single-use equipment in an approved setting is acceptable.

**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 your tattoo was applied by a licensed facility in Wisconsin, you can donate blood. If your tattoo was applied by an unlicensed facility or a facility outside Wisconsin, we require a 12-month waiting period from the time the tattoo was applied.

**Travel** - if you have traveled to a malarious area in the past year, you may not donate until 12 months after return from travel to the malarious area. If you have ever had malaria, you must be symptom-free for 3 years.

[www.bcw.edu/blood](http://www.bcw.edu/blood)

