

Basic Eligibility Criteria

About you:

 **Age**
First time donors can donate after your 16th birthday and before your 71st birthday. (If you are 25 years and younger must meet additional height and weight criteria).

 **Weight and height**
You must be 50kg or more. For plasma donations you must also be 150cm tall.

Lifestyle:

 **Identification**
You need a physical and valid form of photo ID to become a donor e.g. drivers license or passport.

 **Hydration and food**
Stay well hydrated by drinking at least eight large glasses of water in the 24 hours before donation, and eat a proper meal within four hours before donation.

 **Recreational drugs**
This depends on what, when and how the drug/s were taken. Please call us and ask to speak with a nurse.

 **Smoking/vaping**
You can donate but we suggest you wait two hours after donating.

 **Alcohol**
You can donate but not if you're under the influence. Avoid alcohol for 24 hours after donating.

 **Overseas Travel**
Scan this QR code to check your travel eligibility.



 **Tattoos**
You must wait three months after having it done.

 **Piercings**
You must wait three months, or 12 hours if performed by a registered health professional.

 **Sports or exercise**
Avoid heavy exercise for 24 hours after donating. Hydrate before and after.

 **Sexual activity**
You must not donate if you have had anal sex with a new partner or had multiple partners and had anal sex with any one of the partners in the past three months.

Health:

 **Over the counter/health supplements**
You can take these as long as they aren't prescribed by a doctor.

 **Prescription medications**
It depends on the drug. Please call us and ask to speak with a nurse.

 **Health investigations or surgery**
It depends on the procedure. Please call us and ask to speak with a nurse.

 **Cold sores, grazes, cuts and rashes**
You must wait until they have healed.

 **Cancer**
It depends on the type of cancer and when it was treated. Please call us and ask to speak with a nurse.

 **Dentist**
For minor dental treatments including fillings, scale and polish or other oral hygiene treatments, or orthodontics (braces), you only need to wait until the next day. For any other dental treatments please call us and ask to speak with a nurse.

 **Pregnant**
You must wait nine months after giving birth.

 **Coughs/colds**
Please wait until you're free of symptoms.

 **Flu**
Please wait four weeks after full recovery.

 **COVID**
Please wait seven days after full recovery.

If you are on any medications or have visited a health professional in the last six months, please call us on 0800 448 325 and ask to speak with a nurse.

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Book to donate

 nzblood.co.nz
 0800 448 325

Scan to download the donor app

