

Basic Eligibility Criteria

About you:



Age

You 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:



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

Yes, you can donate but we suggest you wait one hour after donating.



Alcohol

Yes, you can donate but not if you're under the influence.



Travelled overseas

Please check our travel tool on our website.



Tattoos

You must wait three months after having it done.



Piercings

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



Men who have sex with men

You must wait three months following anal or oral sex with another man, even if you've used a condom.



Sports or exercise

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



Pregnant

You must wait nine months after giving birth.

Health:



Over the counter/health supplements

Yes 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.



Coughs/colds

Please wait until you're free of symptoms.



Flu

Please wait four weeks after a 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.



0800 448 335



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