

Height & Weight Requirements for Young Donors

(16-18 years old)

Height & Weight determines Total Blood Volume (TBV).

An adequate TBV ensures appropriate fluid levels are maintained during blood donation and assists in minimizing reactions, which may involve lightheadedness, fainting, vomiting or incontinence. Donors under the age of 19 years old must have an acceptable TBV to donate. Please review the Height & Weight qualifications for donors under the age of 19 below:

MALES			
If you are	4' 10"	4' 11"	5' or taller
You must weigh at least	120lbs.	115lbs.	110lbs.

FEMALES									
If you are	4' 10"	4' 11"	5'	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"+
You must weigh at least	146 lb	142 lb	138 lb	133 lb	129 lb	124 lb	120 lb	115 lb	110 lb

Tips For a Successful Blood Donation

It's normal to be a little nervous if you haven't donated before. Here are some tips to make your experience a positive one.

Before



Sleep, eat and hydrate

During



Listen to music, read or surf the internet

After



Relax, have a snack and take your time

Most deferrals are not for a lifetime. Below are a few reasons you may not be able to donate.

MEDICATION You can donate three days after finishing antibiotics for an infection. You can donate if you are taking antibiotics to prevent an infection, for example, following dental procedures. If you are taking antibiotics for acne, please check with staff to see if you're able to donate.

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 applied by a state licensed facility and fully healed, you can donate blood. If not, a 12-month waiting period is required from the time the tattoo was applied.

TRAVEL If you have traveled to an area impacted by malaria in the past year, we ask that you wait 12 months before donating after returning from that area. If you have ever had malaria, you must be symptom-free for three years.

WHEN YOU DONATE

- Plan for the donation to take about an hour
- Bring photo ID with listed date of birth (e.g. driver's license or state ID)
- Know the name and dosage of any medications you take
- Know the dates of any out-of-country travel in past 3 years
- Make sure to eat a healthy iron rich meal and drink plenty of fluids prior to your donation appointment
- All 16 years old must have a signed Versiti Blood Center permission slip

For more information visit
[versiti.org/blood-donation-faq](https://www.versiti.org/blood-donation-faq)