



Donate Blood. Save a Life.

It takes about 45 minutes. You can do it again in 90 days.

18-65

years of age

45 kg

minimum weight

12.5

g/dL haemoglobin

90

days between donations

Why it matters

India needs roughly **4 crore units** of blood every year and collects far fewer. Someone needs blood about **every two seconds**. Blood cannot be manufactured — every unit transfused came out of a person's arm. One donation is separated into red cells, plasma and platelets, so it can help **up to three patients**.

You can donate if

- You are between 18 and 65 years old.
- You weigh at least 45 kg. A 350 ml donation needs 45 kg; a 450 ml donation needs at least 50 kg.
- Your haemoglobin is at least 12.5 g/dL. The blood bank checks this on the day, free of charge.
- It has been at least 90 days (3 months) since you last gave whole blood.
- You feel well today, and have no infection or fever.
- You are not taking medication for malaria, tuberculosis, diabetes or seizures.

Please wait, or do not donate, if

Short-term reasons to wait

- A cold, fever or any infection in the past week.
- Currently taking antibiotics or completing a course of them.
- Any vaccination in the past 24 hours.
- Alcohol in the past 24 hours.
- A tattoo, piercing or acupuncture in the past 6 months.
- Major surgery in the past 6 months, or minor surgery in the past month.
- Dental extraction in the past 48 hours.
- You felt faint or unwell during a previous donation.

Ongoing medical reasons

- Heart disease, uncontrolled high blood pressure, or epilepsy.
- Diabetes treated with insulin.
- Chronic kidney or liver disease.
- A history of cancer.
- A bleeding or clotting disorder.
- You receive blood products as ongoing treatment.
- Regular medication such as aspirin, corticosteroids, hormone therapy, or drugs for blood pressure or diabetes — ask the blood bank, as some are fine.

Infection risk

- You have tested positive for HIV, hepatitis B or hepatitis C.

- Syphilis, malaria or filariasis, until fully treated and cleared.
- You have ever injected recreational drugs, or shared a needle.
- Unprotected sex with a new or high-risk partner in the past 6 months.
- Wait 6 months after childbirth, and until you have finished breastfeeding.
- Wait 6 months after a miscarriage or termination.
- Avoid donating during a heavy period or when you have cramps. A normal period is not itself a bar.

Pregnancy and menstruation

- Do not donate during pregnancy.

What happens on the day

1. Registration — photo ID and a short health questionnaire. **2. Screening** — haemoglobin, blood pressure, pulse and temperature, free of charge. **3. Donation** — 5 to 10 minutes, with a fresh sterile needle used once and discarded. **4. Rest** — 15 to 20 minutes, with a drink and a snack. Plasma is replaced within 24–48 hours.

This leaflet is guidance, not a medical assessment. A blood bank's medical officer checks every donor before donation. Criteria follow the National Blood Transfusion Council (NBTC), Government of India.

Find donors, post a request, or register as a donor at

<https://blooddonor.in>