

<b>NATIONAL BLOOD CENTRE</b> Kuala Lumpur	<b>QUALITY FORM</b>	Doc No :PDN/RP/WI-01/01
		Version No. :01
	<b>CRITERIA TO DONATE BLOOD</b>	Issue Date :01 Januari 2013
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### **YOU ARE ELIGIBLE TO DONATE BLOOD IF:**

1. You are in good health
2. Age between 18 – 60 years old
  - 17years old (must obtain parent's /guardian's written consent)
3. Your weight is 45kg and above
4. Minimum of 5 hours of sleep
5. Free from any medical problem
6. Not taken any medicine within 24 hours (*antibiotic; within 7 days*)
7. Taken light meal before donating blood
8. Not involved in any of the following high risk behaviours:
  - Homosexual relationship
  - Bisexual relationship
  - Commercial sex relationship
  - Multiple sexual partners
  - Drug abuse (*Intravenous*)
  - Sexual contact with those mentioned above
9. Interval of three months from your last donation
10. Female ; not pregnant, not having menstruation,not breast feeding
11. Do not donate blood if ;
  - Lived in the United Kingdom (England,Northern,Ireland,Scotland,Wales,Isle of Man or the Channel Island) or Republic Ireland from 1980 to 1996 for a period of 6 months or longer
  - You have been living in Europe from 1980 to the present for a period of 6 months or longer
12. You have to show one of the following **ORIGINAL** documents when register yourself to donate blood:

Malaysian	Foreigner
● MyKad/Armforce Number/Police number	● Must have lived in Malaysia not less 1 year
● Driving license	● Passport
● Working pass with identity card number and photograph	● Work permit with passport number and photograph
● Student pass with IC number and photograph	● Student pass with passport number and photograph
● Blood donors book ( <b>PDN 2</b> ) only for repeat donors	-

13. The following documents will not be accepted when you register yourself to donate blood:

Malaysian	Foreigner
● Photocopy of Identity Card	● Photocopy of Passport
-	● PATI (Illegal Immigrants)
-	● UNHCR
-	● Must be able to understand Malay or English language