

## Questions to Ask **Before** Making an Appointment

**Would you like to sign up to donate blood?**

**Are you in good health?** (No cold/flu symptoms for 3 days before donation. No antibiotics for 14 days.)

**Are you at least 17 years old?** (Permission required if 17—use only black or blue ink on Parent/Legal Guardian Consent form. No white-out.)

**Are you at least 110 lbs?** (Ask if in doubt)

**In the past 12 months, have you had a tattoo or body piercing done?** (If yes, please wait 12 months before donating. Exception: Ear piercing may be acceptable, so please call the Blood Bank of Hawaii at 848-4717 to check eligibility.)

**In the past 12 months, did you travel outside of the US?** (If yes, please call the Blood Bank of Hawaii at 848-4717 to check eligibility.)

**Do you have up to an hour and a half to save three lives?**

**What time is good for you?**

**What is your name?**

**What is your birthdate?**

**What is the best phone number for a reminder call?**

**Sign donor up & give them a reminder card.**

**Remind donor to prepare for their donation (back of card) by doing the following:**

- Drink 2 liters of water throughout the 24 hours before donation
- Get good rest the night before
- Eat a good meal before donating
- Bring a picture ID with date of birth
- Avoid caffeine before donating

***You can save up to 3 lives in an hour and a half!!***

Blood Bank of Hawaii  
2043 Dillingham Boulevard ♦ Honolulu, Hawaii 96819  
For Appointments or Questions: (808) 848-4721  
Toll Free (800) 372-9966