

Blood donation enrolment form

Your details

Female Male

Title..... Surname..... First name.....

Middle name..... Known as..... Previous name(s).....

Date of birth / / Country of birth.....

Age Occupation.....

Residential address.....

..... State Postcode

Mailing address Tick if same as residential address.....

..... State Postcode

Home () Business ()

Mobile

Email.....

Have you ever enrolled to give blood in Australia before? Yes No

If 'Yes' which state or territory?

If 'Yes', how many times did you donate?

If 'Yes', did you use a different name? What was it?

Would you like your blood donations to count towards a Lifeblood Team tally? Yes No

If you know it, what's the name of your Lifeblood Team?

Disclaimer - Donations appear online as a number without any identifying information and in accordance with our privacy policy. If your team hasn't registered yet, you will be notified.

Thanks for signing up to give life

It takes someone pretty amazing to want to do that. Your donations will be used to change Australian lives.

The questions on the next page will help us check if you're able to give blood.* If you're not sure about anything, ask a Lifeblood team member or call 13 14 95.

*Further eligibility criteria apply.

What to expect

Be prepared. The day before your donation, eat some salty foods and drink plenty of fluids. Have 10 glasses if you're a man or 8 if you're a woman.

Keep drinking. Have another 750mL (about 3 good-sized glasses) of fluids in the 3 hours before you come in and avoid strenuous exercise.

Eat something savoury. When you give blood, you also give some salt so this is your chance to eat chips or pretzels, guilt-free.

Bring ID.

Thanks again — we're really looking forward to seeing you.

Check your eligibility

Please read the questions carefully and respond by placing a cross in the relevant box.

1. Are you aged between 18-75 years?

- Yes.
- No. You may not be able to give blood right now. Please contact us.

2. Do you weigh at least 50 kg?

- Yes.
- No. You may not be able to give blood right now. Please contact us.

3. At this time, are you feeling healthy and well?

- Yes.
- No. You may not be able to give blood right now. Please contact us.

4. In the last 12 months, have you undergone any surgical procedures?

- Yes. You may not be able to give blood right now, but it depends on the surgery. Please contact us.
- No.

5. In the 3 days after your donation, will you be doing any activities which could place you or others at risk of injury if you were to become unwell (like driving public transport, operating heavy machinery, underwater diving, piloting a plane, or other activity)?

- Yes. You may not be able to give blood right now. Please contact us.
- No.

6. Have you had a tattoo in the last 4 months?

- Yes. You aren't able to give blood right now, but you may be able to give plasma. Please contact us.
- No.

7. Would you have been overseas in the 4 months before your donation date?

- Yes. You may be able to give blood or plasma, but it depends where you've been. Please contact us.
- No.

The personal information collected on this form allows Australian Red Cross Lifeblood to register you as a potential blood donor. All information collected will be handled in confidence and in accordance with the Privacy Act 1988 (Cth). For more information, please refer to the Lifeblood Privacy Brochure.

- By submitting this form I agree to be contacted by Australian Red Cross Lifeblood to discuss how I can become a blood donor. This contact may be by phone, post or email. [Read Privacy Policy at lifeblood.com.au](#)

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