

- Please fill in the form yourself. Do not ask a family member or friend to do this for you.
- If you need any help or would rather fill in this form at the session, just bring it with you. You will still be very welcome.
- Only complete the side with the tick box form at home. We will ask you to sign the other side when you are at the session.
- If you have made a mistake on the form, please bring it with you, we always have plenty of spare copies.
- Please separate the Health Check from the letter.
- Do not fold the form.

COMMON REASONS YOU MAY NOT BE ABLE TO DONATE

- DONOR CARE LINE 0345 90 90 999**

**PLEASE READ THIS
IMPORTANT INFORMATION
BEFORE COMPLETING THE
HEALTH CHECK**

Blood Safety starts with you. By answering our questions accurately, you'll be helping to ensure that we'll not harm you by taking your blood, nor harm anyone else by giving your blood to them.

Each time you give blood, please read each question very carefully. Your health or our questions could have changed since your last visit.

If you weigh less than 50kg, please let staff know.

**HELP US KEEP BLOOD
TRANSFUSION SAFE**

Never give blood just to get a test. If you do, you risk infecting other people.

If at any time after you have given blood you have doubts about whether your donation should be used, please let us know.

If you want to leave the session without giving blood, that's OK. You don't have to explain why.

The Scottish National Blood Transfusion Service (SNBTS) is a Division of NHS National Services Scotland.

Date filled in: _____ Donor Initials: _____