

Safe Blood starts with you

New Zealand has one of the safest blood supplies in the world and to keep it that way, we need your help.

We value your contribution and don't want to lose you as a blood donor.

Have we got your correct:

- postal address
- telephone numbers
- email address

We will contact you when you are next due to donate blood. However, if you have not heard from us after that period, please contact us.

**For more information call toll-free
0800 448 325**

On behalf of New Zealand Blood Service, thank you for calling in today.

The reason for not collecting your blood today is:

We would like you to donate again after:

If you have any queries about information in this leaflet please talk to our staff or contact your local Blood Donor Centre.

To give blood you must be in good health, weigh at least 50 kgs* and be 16-65 years of age.

*First time donors under 25 years of age must also meet the height and weight criteria.

Auckland Donor Centre

71 Great South Rd, Epsom 09 523 5733

North Shore Donor Centre

441 Lake Rd, Takapuna 09 489 8858

Manukau City Donor Centre

Unit B, 116 Cavendish Drive 09 263 4667

Tauranga Donor Centre

154-168 Cameron Road 07 578 2194

Hamilton Donor Centre

Cnr Lorne Street & Ohaupo Road 07 839 3679

Palmerston North Donor Centre

Gate 12, Ruahine St 06 350 0963

Wellington Donor Centre

Hospital Road, Newtown 04 380 2243

Christchurch Donor Centre

15 Lester Lane, Addington 03 343 9040

Dunedin Donor Centre

170 Crawford St, Dunedin 03 477 9920

**To donate, contact us today
to book your appointment**

0800 448 325
www.nzblood.co.nz

Download our app now



Information for Deferred Donors

SAVE LIVES
GIVE BLOOD

We know that you don't like being turned away when you've come to give blood – and we do not like doing it either.

It may seem like we do not want you or your blood – we DO! But there are some very good reasons why you could not donate today.

There are 2 main reasons:

1. Your health comes first

We cannot collect a blood donation if that procedure could potentially cause you a health problem.

2. Risks for people who need a blood transfusion

Tests done on blood donations cannot detect all conditions that can be passed on by a blood transfusion.

The collection of blood for transfusion operates under very strict conditions. Our objective is to protect the health of people who receive blood products from risks that are readily preventable.

We are not permitted to change the main guidelines for selecting blood donors as they have been developed with the best medical and scientific advice available. In this way, we are ensuring that New Zealand patients have one of the safest blood supplies in the world.

Some common reasons for not collecting a blood donation.

- **Coughs, colds and stomach upsets.**

These infections can be caused by viruses and in some cases, bacteria. They can be passed on by a blood transfusion and may cause serious or fatal reactions in the recipient.

- **Low haemoglobin (finger prick test)**

We cannot collect blood if you have a low reading in the finger prick (haemoglobin) test as you may be anaemic. This condition is commonly due to iron deficiency. Further tests are needed to identify the cause.

- **Tattoos and body piercing**

Tattoos will exclude you from donating blood for 4 months.

Body piercing, unless carried out by a registered health professional also has a 4 month stand-down period.

HIV / AIDS, hepatitis B and C, and many other viruses can be transmitted by tattooing and body piercing. They can also be passed on by blood transfusion.

HIV causes AIDS. Hepatitis B and C may cause severe liver injury, cancer and sometimes death. These viruses are a serious threat to the blood supply.

- **Low body weight**

We collect a fixed volume of blood in each donation. If you have a low-normal body weight the amount collected may be more than your body can cope with.

- **CJD and vCJD – the human form of “mad cow disease”**

We simply do not know enough about these conditions and how they spread. At present there are no suitable tests available to detect these conditions in blood donations.

As a result, New Zealand and many other countries have introduced new rules for selecting blood donors. People who have visited or lived for 6 months or more between 1980 and 1996 in specified countries where there may be an increased risk of acquiring vCJD may not give blood donations at present. The same applies to people who have received transfusions in these countries since 1980.

- **Travel**

Many countries have serious infections that are difficult to detect. They include malaria – in the tropics and Chagas' disease in South and Central America. In some circumstances we may delay collecting blood until a specific incubation period has elapsed.