

# FIRST TIME DONOR CHECKLIST:

We're glad you've made the decision to become a Grifols plasma donor. Please read this document carefully to make sure you have everything you need to start donating plasma. We look forward to seeing you soon.

## TO BECOME A DONOR, YOU MUST:



Between  
18-69  
years old



Weigh  
at least  
110 lbs



In good  
general  
health

- Meet the age requirement: From 18-69 years old at a Grifols plasma donation center
- Weigh at least 110 lbs and be in generally good health

## BEFORE YOUR VISIT:

- Get a good night's sleep
- Drink lots of water on the day you donate
- Eat a healthy meal (low in fat and cholesterol) within two hours of your visit
- Don't use tobacco for an hour before donating
- Avoid alcohol and caffeine on the day you donate
- Avoid strenuous activity an hour before donating
- Gather all the necessary paperwork (see next column)

**MANAGE APPOINTMENTS, SEE YOUR COMPENSATION HISTORY, AND REFER FRIENDS IN DONORHUB!**



## YOU'LL NEED TO BRING EACH OF THESE TO YOUR FIRST DONATION:



Valid Photo ID



SS/Border  
Crossing Card



Proof of  
Address

### 1. A valid photo ID

**Make sure you have one of the following:**

- Driver's license
- State-issued ID card
- Passport
- Military ID
- School ID (along with a copy of your birth certificate)

### 2. Proof of your social security number

**Make sure you have one of the following:**

- Social Security Card
- W-2 or paycheck stub (that includes full name and full social security number)
- Social Security Verification (obtained from your local Supplemental Security Income office)
- If you are not a US citizen: you may provide your Border Crossing Card (B1/B2 VISA/BBC).\*

\*Not applicable at all centers.

### 3. Proof of address

**Make sure you have one of the following:**

- Driver's license or state-issued ID (as long as address is current)
- W-2 or paycheck stub (as long as current address is shown)
- Mail with your name and address printed on the envelope (postmarked within the last 30 days)
- Copy of your current lease

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