

RETURN DONOR CHECKLIST

If your name or address has changed since your last visit, tell the donation center team member who checks you in. **Be sure to bring your new ID and proof of social security number if your name has changed, or your new proof of address if you have moved.**

Otherwise, simply check in at the reception desk when you come back for your next donation.

BEFORE EVERY 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 below)

THE NAME ON YOUR PHOTO ID MUST MATCH TO THE
NAME ON YOUR SOCIAL SECURITY
CARD (or BORDER CROSSING CARD (B1/B2 VISA/BBC)*)
OTHERWISE YOU WILL NOT BE ABLE TO DONATE.

*Not applicable at all centers.