

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:

- 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
- Make an appointment (if your plasma donation center has an appointment system in place.)

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 below)

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

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