



Female blood donors aged 17-19

Height
and weight
guidelines

Donors of any age must weigh at least 7st 12lb (50kg) to give blood. There are some additional restrictions for female donors aged 17 to 19, depending on your height and weight.

For female donors aged 17 to 19:

- If you weigh at least 10st 3lb (65kg), you can give blood
- If you weigh at least 7st 12lb (50kg) and are over 5'6", you can give blood
- If you're under 5'6" (168 cm) and under 10st 3lb (65kg), we need to know your height and weight before deciding if you can give blood.

You can check whether you're eligible by using the chart in this leaflet. If your weight and height meet in a red area, you won't be able to give blood this time.

Why are there different rules for young female donors?

Young female donors with a smaller build are more likely to feel faint after giving blood. We know that new donors who faint are less likely to come back, so rather than take any risks we ask these donors to wait until they are 20 before giving blood for the first time.



When can I try again?

This guideline only applies to female donors aged 17 to 19 who do not meet the weight and height criteria. As long as you weigh over 7st 12lb, you'll be able to give blood as soon as you reach your 20th birthday.

If you've not been able to give blood this time, we know you might feel disappointed. However, we hope you'll come back once these criteria are met. Thank you for your patience in waiting until then.

Want to know more?

If you have any questions, visit our website scotblood.co.uk or call us on **0345 90 90 999**.





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