

SAVING A LIFE TODAY? START HERE.

At South Texas Blood & Tissue Center, we have two goals for every donation: keeping our blood supply safe and making the most out of your donation experience. We respect how precious your time is, and by reviewing this form and filling in the information, we can use your time wisely.

DID YOU MAKE YOUR APPOINTMENT?

- **How to schedule a donation:** Just visit us at SouthTexasBlood.org to schedule your donation or call 210-731-5590 to speak to one of our friendly donor recruitment staff members.

ARE YOU PREPARED?

- **What to wear:** Wear a top with loose-fitting sleeves – or short sleeves – so we can check your blood pressure and locate the best vein for collecting your blood.
- **What to bring:** Please have an ID showing your full name and a photo. *Examples include a driver's license, work or school ID, or passport.*

WHAT IS YOUR TRAVEL HISTORY?

Tell us when and where you have traveled outside the United States in the last 12 months, and where you have traveled in Europe since 1980.

Have you traveled or lived in Europe since 1980? If so, please list where and when.

European country	Province, city	Dates of arrival, departure

Where else have you traveled outside the United States in the last 12 months? If so, please list where and when.

Country	Province, city	Dates of arrival, departure

What medications are you taking?

Medication	Date of last dose