

Find Out if You Can Give Plasma

Requirements to keep the supply safe

To make sure donors and patients are safe, there are some requirements donors must meet. Generally, donors should:

- Be at least 18 years old
- Weigh at least 110 pounds
- Be in good health

What to know if you're giving plasma for the first time

When you give plasma for the first time, you will complete an extensive medical history screening and a doctor will give you a physical exam. During the exam, and before all future plasma donations, you will also have to test negative for certain viruses, including hepatitis and HIV.



Find a donation center near you and make an appointment to save a life today.
Visit hhs.gov/giveplasma/locator.

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Before my plasma treatments, I couldn't even brush my hair. Now I can take care of myself and my children again.”

—Crystal