

# Donation Procedure

## Regular Donors

The donation process typically takes between 45 and 60 minutes.

## First-Time Donors

An additional 30 minutes may be required, as first-time donors undergo a comprehensive review of their medical history and a full medical examination.

## PLASMA DONATION REQUIREMENTS



AGE: 18-60  
YEARS OLD



WEIGH AT  
LEAST 50 KG



BE IN GENERAL  
GOOD HEALTH

## DONATION STEPS



**1** CHECK-IN



**2** SCREENING



**3** PHYSICAL EXAM



**4** DONATION

## AFTER CARE



EAT HEALTHY FOOD



DRINK WATER