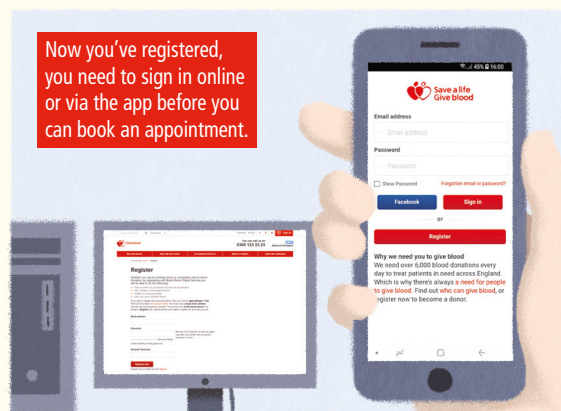


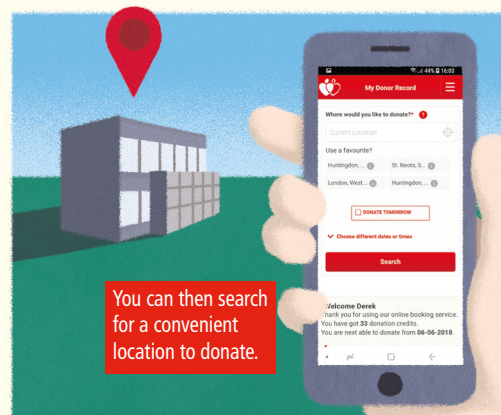
Let's go digital

It's now easier than ever to find a venue, book or change an appointment, and get up-to-date advice on all aspects of blood donation. Just register at blood.co.uk for your on-line account. Or download our NHSGiveBlood App

Now you've registered, you need to sign in online or via the app before you can book an appointment.



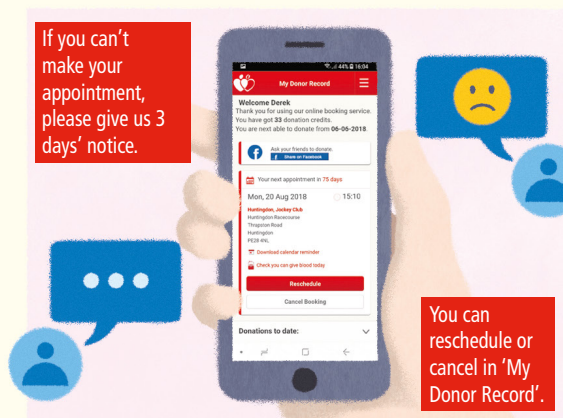
You can then search for a convenient location to donate.



Select an appointment time and date using the real-time booking information. We'll confirm everything by email.



If you can't make your appointment, please give us 3 days' notice.



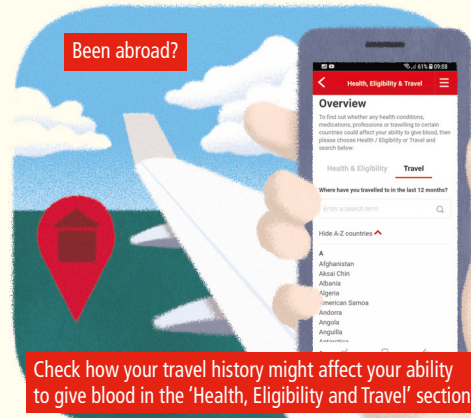
You can reschedule or cancel in 'My Donor Record'.

Check your donation history by clicking on 'My Donor Record'.



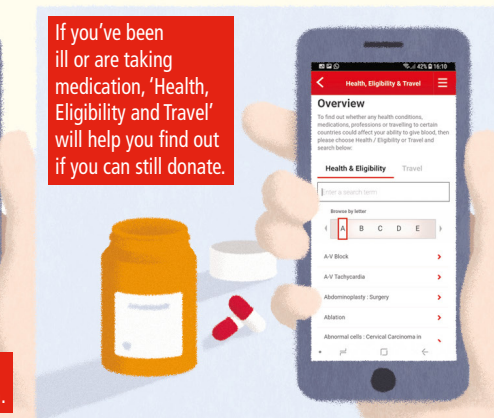
This also tells you about appointments you've booked and how many donations you've made.

Been abroad?

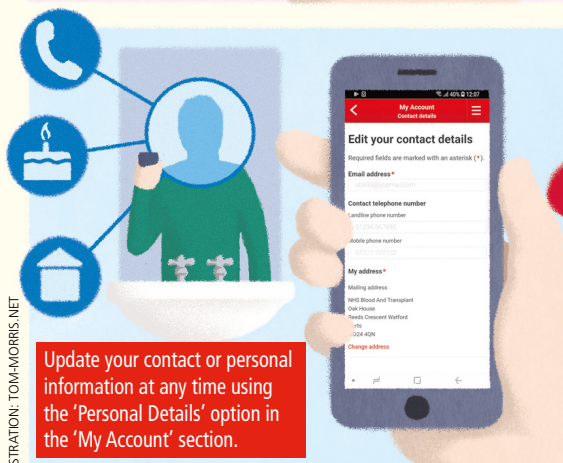


Check how your travel history might affect your ability to give blood in the 'Health, Eligibility and Travel' section.

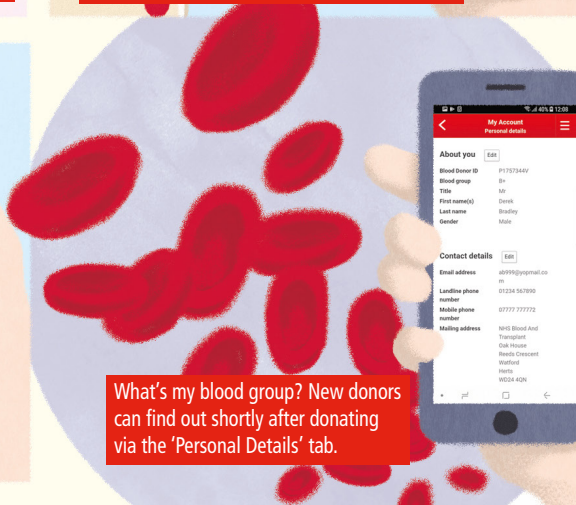
If you've been ill or are taking medication, 'Health, Eligibility and Travel' will help you find out if you can still donate.



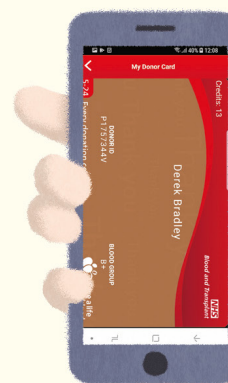
Update your contact or personal information at any time using the 'Personal Details' option in the 'My Account' section.



What's my blood group? New donors can find out shortly after donating via the 'Personal Details' tab.



Our NHSGiveBlood app for iOS and Android is the best way to manage your account on the go and view your blood donor card, which will display sideways on your mobile screen.



Keep your feedback coming!

We love hearing ideas, suggestions and feedback from our donors about the online service. Your comments help us to make sure we are improving the right things and let us know what we should be working on next. If you have something to say about any aspect of our digital service please complete the online form <https://my.blood.co.uk/home/contactus>

Register to GIVE BLOOD at www.blood.co.uk

Please make an appointment by visiting blood.co.uk or calling 0300 123 23 23.