



DeGowin Blood Drive

Wednesday, October 21st | 10:30 – 2:30
Field House, Main Floor



Hosted by UI Wellness

Donation Day Check list



- ☐ Bring a Photo ID.
- ☐ Drink plenty of fluids and have a good meal before Donating.
- ☐ Be free of cold or flu symptoms for five days.
- ☐ Provide a list of medications that you take.
- ☐ Bring a list of the places and dates you have traveled outside of the US in the last three years.
- ☐ Be ready to donate! (whole blood donations take about 45-60 minutes)



Help the Hawkeyes win in 2026!
All successful donors who designate their donation for Iowa will receive a limited-edition Iowa Give Blood t-shirt from Abbott!

Please Note: It is important to be well hydrated and we recommend you increase the salt in your diet the day prior to donating

****Donors must be at least 17 years old or 16 with a signed parental consent form****

Schedule an appointment

call (319) 356-2058
or schedule online at
<https://bit.ly/4h5uv5i>

Local Support

All blood collected is used locally to help patients at University of Iowa Health Care and UI Stead Family Children's Hospital.

Eligibility Questions

Call the UI DeGowin Blood Center at 319-356-2058.

➔ uidegowinbloodcenter.org

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person who requires a reasonable accommodation in order to participate in this program, please contact UI DeGowin Blood Center in advance at 319-356-2058 or email DeGowin-blood-center@uiowa.edu.