

DONATING PLASMA

Check In

- Provide valid photo ID, proof of current address, and Social Security Number. Next, answer a quick and confidential health questionnaire to determine if you're eligible to donate.
- Pro tip! Once you are a current donor, you can fill out the questionnaire ahead of time at www.aboquickpass.com/welcome?cust=NUP. Just remember that you have to bring in the barcode with you and the barcode expires at midnight the same day.



Screening



- Receive a health screening each time you donate to make sure you are in general good health and meet the donation criteria.
- If it is your first time donating, then you'll also complete a confidential physical performed by a trained nurse at the center. You'll also complete a physical at least once per year.

Donation

- One of Spectrum Plasma's highly trained medical specialists will lead you through the donation process which uses state-of-the-art medical equipment.
- While donating, you can take advantage of our incredibly comfortable donor chairs and personal entertainment system!



Recover



- Take care of yourself after your donation by hydrating and eating foods rich in iron and vitamin C. This will also prepare you for your next donation.
- Before you leave, be sure to enjoy some of our complimentary assortment of healthy drinks and snacks.

Reward

- Your reward points are sent directly to the email you provide us with.
- Your reward points can be redeemed at many different stores, restaurants, and business.



Regenerate



- Plasma regenerates very quickly (usually within 24-48 hours) and donating has little to no adverse effects. There are even potential health benefits to donating.

Repeat

- To ensure the health of our donors, and to maximize your schedule, donors are eligible to donate plasma once every seven days.
- It's important to donate at least once every six months in order to retain eligibility.
- If you have any questions regarding donating, please give us a call and we'd be happy to help!

