

Medical Requirements For Blood Donors

These criteria are subject to change without notice. Blood Donors must:

- Be 16 years of age or older
 - Donors age 16 require parental consent
- Weigh a minimum of 110 pounds
 - Donors age 16-18 are subject to additional height weight restrictions
- Provide photo identification or non-photo ID with first name, last name and signature.
- Provide proof of age at high school blood drives
- Allow eight weeks between whole blood donations

Acne

Donors taking most antibiotics for acne are eligible. Those taking *Accutane*, *Absorica*, *Amnesteem*, *Claravis*, *Myorisan*, *Sotret* or *Zenatane* must wait one month after last dose.

Acupuncture

There is no waiting period if procedure was performed with sterile needles by a licensed physician, chiropractor or certified acupuncturist.

Antibiotics

Individuals may donate blood 2 days after last dose (if taken for infection).

Arthritis/Gout

Individuals may donate if free of acute symptoms.

Birth Control

Donors taking birth control medications are acceptable.

Cancer

Individuals who have had:

- Leukemia, Hodgkin's disease, Lymphoma, Multiple Myeloma are deferred 5 years after completion of treatment with no recurrence of cancer.
- Breast and thyroid cancer, melanoma, cervical cancer, squamous cell (systemic), cervical cancer must be cancer free for at least 1 year.
- Basal or squamous cell (skin cancer) and carcinoma in-situ (localized pre-invasive lesions) are acceptable after treatment is complete.

Cold

Donors should be symptom-free for 3 days prior to blood donation.

Dental Surgery

Individuals can donate after dental surgery:

- If they are feeling well with no signs or symptoms of infection and the area is healed.
- Have not taken antibiotics within the last 2 days.

- There is no deferral for routine cleanings or fillings.

Diabetes

Donors must be stable with no acute events within the prior 3 months.

Ear/Body Piercing

Individuals who have had piercing performed:

- By "gun" method and sterilized pre-packaged piercing studs are eligible.
- At a doctor's office are eligible.

Flu

Donor should be symptom-free for 3 days before donating. Individuals who have received a flu vaccine are eligible to donate blood (no waiting period).

Heart Attack

Donors must wait 6 months after a heart attack and should have no cardiac symptoms and no activity restrictions. **Note:** Donors with cardiac symptoms or activity restrictions may donate with written approval from their physician or blood center medical director.

Heart Surgery

Donors must wait 6 months after surgery and then must be symptom-free, and have no activity restrictions. **Note:** If due to heart attack, donors must wait 1 year after surgery, must be symptom free, have no activity restrictions, and must have written consent from their physician or blood center medical director.

High Blood Pressure

Individuals taking blood pressure medications may donate

Medical Requirements

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Hepatitis/Yellow Jaundice

- Individuals who have received Hepatitis B vaccine for routine preventative measures are deferred for 2 weeks.
- Individuals who have received Hepatitis B vaccine due to exposure to Hepatitis B are deferred for 12 months from the time of exposure.
- Those who have received immune globulin for possible exposure to hepatitis A, e.g., eating at a restaurant with a hepatitis A outbreak, are deferred for 120 days.
- Those living with/or having sex with an individual with active hepatitis cannot give blood for 12 months from the last date lived with/had sex with an individual with active hepatitis.

HIV/AIDS

The Food and Drug Administration prohibits the following individuals from donating blood or plasma:

- Men who have had sexual contact with another male in the past 3 months.
- Men or women who have:
 - > taken illegal drugs by needle in the last 3 months
 - > accepted money or drugs for sex in the last 3 months
 - > given money or drugs for sex in the last 3 months
 - > had a confirmed positive test for HIV (AIDS virus) antibody
 - > had sexual partners in the last 3 months that fall in the categories above
 - > been confined in juvenile detention, jail (lock-up), or prison for more than 72 consecutive hours during the previous 12 months
 - > taken drugs by needle that are not prescribed by a physician in the last 3 months.
 - > are experiencing symptoms associated with HIV which include fever, enlarged lymph nodes, sore throat, and rash.

Malaria

- After having malaria donors must wait 3 years after becoming symptom free.
- After living in a malaria endemic country for 5 years or more, must live in a non-malaria endemic country for at least 3 years before donating.

- Donors who have visited or toured malaria endemic areas may donate 3 months after departure provided they have been free of symptoms suggestive of malaria.

Pregnancy

A woman cannot donate blood during pregnancy, but may donate six weeks after end of pregnancy.

Psychotherapeutic Medications

Donors taking psychotherapeutic medications are eligible.

Stroke

Stroke survivors may donate after one year if they have had no anti-coagulant therapy in the past 30 days, and are stable with or without deficits due to stroke.

Surgery

Individuals may donate when released from physician's care and healing is complete. If a blood transfusion was received, there is a 3 month wait.

Tattoo

If the tattoo was applied in a licensed facility in an acceptable state/county/municipality, there is no waiting period (as long as the site has healed). Otherwise, there is a 3 month waiting period.

Needle Stick

If the donor had a needle stick accident that exposed them to blood or bodily fluids, there is a 3 month waiting period after exposure.

Travel Instructions in regard to Creutzfeldt-Jacob Disease

- Donors are indefinitely deferred if they have:
 - > spent time since 1980-2001 that adds up to >5 years in France or Ireland
 - > spent time from 1980 to 1996 that adds up to 3 months or more in the United Kingdom. (The United Kingdom includes England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, Falkland Islands.)
 - > received a transfusion of any blood products when in France, Ireland, England, Northern Ireland, Scotland, Wales, The Isle of Man, Channel Islands, Gibraltar or the Falkland Islands.

For questions regarding medical eligibility please contact 1-800-688-0900