



General Requirements for Blood Donation

Basic Requirements

- ◆ **Age** - 15 and 16 year olds may donate with parental consent. There is no upper age limit as long as one is in good health.
- ◆ **Weight** - at least 114 lbs
- ◆ **Health** - general good health, feel well and healthy; have no active cold or flu-like symptoms
- ◆ **Identification** - valid identification with picture, such as, driver's license, passport, DMV identification card, etc.

Restrictions (DO NOT donate if any of the following apply to you):

- ◆ **Hepatitis A** - after the age of 10 **Hepatitis B or C Virus** - at any age
- ◆ **Blood Cancers** (leukemia, myeloma, lymphoma, Hodgkin)
- ◆ **European Countries** - spent time that adds up to 5 yrs. or more since 1980
- ◆ **U.S. Military/Dependents/Civilian Military Employee** - spent a total time of 6 months or more from 1980-1996 associated with a military based in Spain, Portugal, Turkey, Italy, or Greece and/or 1980-1990 in Belgium, the Netherlands, or Germany
- ◆ **Recreational Drugs** - injected drugs not prescribed by a physician
- ◆ **Blood Transfusion** - in the United Kingdom or France from 1980 to present
- ◆ **United Kingdom** - spent time that adds up to 3 months or more from 1980-1996
- ◆ **CJD** - had a blood relative diagnosed with Creutzfeldt-Jakob Disease (CJD)

Travel Restrictions (These may affect your eligibility for blood donation):

- ◆ **Malaria Areas** - Both travel and previous residence in a malarial area may be a cause for deferral. Please check with our staff for details.

Medical Procedures (You may need to wait before donating blood if you have any of these procedures):

- ◆ **Blood Transfusion** (ask us about clotting factors) - 12 months
- ◆ **Ear/Body Piercing and Tattoo** – may require a wait of up to 12 months, depends on equipment used and where performed.
- ◆ **Heart Surgery** (Angioplasty, Bypass Surgery, Stent) - 6 months and no heart symptoms
- ◆ **General Surgery** - fully healed surgical site and complete recovery

Medical Conditions (You may need to wait before donating blood if you have any of these conditions):

- ◆ **Cancer, Melanoma**, treated (except blood cancers) - 1 yr (no wait if skin cancer is not melanoma)
- ◆ **Diabetes** - no wait if medically controlled
- ◆ **Heart Disease** (Angina, Heart Attack, MI) – 6 months with no symptoms
- ◆ **Hepatitis Contact**- depends on type and exposure
- ◆ **Malaria** - 3 years after successful treatment
- ◆ **Pregnancy/Abortion/Miscarriage** - 6 months after delivery, abortion, or miscarriage
- ◆ **Stroke** – 6 months

Immunizations and Vaccines (These may affect your eligibility for blood donation):

- ◆ **Flu/Pneumonia, Human Papilloma (HPV), Tetanus** - no wait
- ◆ **Hepatitis A** - no wait if for prevention
- ◆ **Hepatitis B** - 4 weeks after injection if for prevention
- ◆ **Hepatitis A Gamma Globulin** (for exposure) –12 months
- ◆ **Hepatitis B Immune Globulin** (for exposure) - 12 months
- ◆ **MMR (measles, mumps, and rubella)** - 4 weeks **Rubella (German Measles)** - 4 weeks **Rubeola (Measles)** - 4 weeks
- ◆ **Varicella Zoster (chicken pox prevention) or Zostavax (Shingles)** - 4 weeks

Medications (These may affect your eligibility for blood donation):

- ◆ **Accutane, Amnesteem, Claravis, Sotret, Isotretinoin** - 1 month
- ◆ **Antibiotics** - last dose taken, symptom-free; no wait if for prevention or acne
- ◆ **Anticoagulants (Coumadin, Warfarin, Heparin, Pradaxa, etc.)** - 7 days for plasma only, no wait for other types of donations.
- ◆ **Antiplatelet Medicines (Ticlid, Plavix, Effient, Pletal, Feldene, piroxicam etc.)** - 14 days for platelets only; no wait for other types of donations
- ◆ **Aspirin** - platelet donors must wait 48 hours
- ◆ **Arava, Avodart, Jalyn, dutasteride** - 6 months
- ◆ **Blood Pressure Medication** - no wait if blood pressure meets requirements
- ◆ **Depression Medication** - no wait
- ◆ **Propecia, Proscar, Finasteride** – 1 month
- ◆ **Soriatane, acitretin, Tegison** - 3 yrs

Call us
if you have any specific
questions about your
eligibility to donate blood

1-800-479-3902