

# 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

Individuals may not donate if they have taken bovine beef insulin from the UK since 1980.

- 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 12 months.
- Men or women who have:
  - > ever taken illegal drugs by needle
  - > accepted money or drugs for sex
  - > given money or drugs for sex in the last 12 months
  - > had a confirmed positive test for HIV (AIDS virus) antibody
  - > had sexual partners in the last 12 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.
  - > 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 one year 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 12 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 12 month waiting period.

### Needle Stick

If the donor had a needle stick accident that exposed them to blood or bodily fluids, there is a 12 month waiting period after exposure.

### Travel Instructions in regard to Creutzfeldt-Jacob Disease

- Donors are indefinitely deferred if they have:
  - > spent time since 1980 that adds up to >5 years in Europe,
  - > 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 the United Kingdom or France.
- Donors who were members of the military, civilian military employees or their dependents and who were stationed in Europe between 1980 and 1996 have further restrictions.

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