

Donation Eligibility Guidelines

For further information call 1-888-393-GIVE



Blood Centers of the Pacific

5/6/2010

General requirements

AGE: 17 (16 year-olds can donate with written permission of parent or guardian).

WEIGHT: At least 110 pounds (different requirements for 16-22-year-olds, please call 1-888-393-GIVE).

DIET: A well-balanced meal is recommended within four hours of donation.

HEALTH: General good health

IDENTIFICATION: Valid identification such as a driver's license, DMV identification card, passport, etc.

Do not donate if any of the following applies to you:

You are a man who has had sex with another man one or more times since 1977.

You are a past or present intravenous drug abuser.

You are a man or woman who has given or received money or drugs for engaging in sex since 1977.

You are a person with hemophilia who has received clotting factor concentrates.

You have been a sexual partner of any of the above, within the past 12 months.

Do not donate if any of the following apply to you:

AIDS: You are a person with symptoms or laboratory evidence of HIV infection.

CANCER: Hematological, ie: Hodgkin, Leukemia, Lymphomas

HEPATITIS: A history of the disease after the age of 11, or a positive lab test for the virus.

ORGAN FAILURE: Kidney, lung or liver failure.

RECREATIONAL DRUG USE (by injection): Having injected yourself with drugs not prescribed by a physician.

UNITED KINGDOM: You have visited or lived in England, Scotland, Wales, Northern Ireland, Isle of Man, Channel Islands, Gibraltar or Falkland Islands for a total of 3 months or more from 1980 thru 1996.

EUROPEAN COUNTRIES: If you have spent a cumulative of 5 years or more since 1980.

U.S. MILITARY/DEPENDENTS/CIVILIAN

MILITARY EMPLOYEE: If you are U.S. Military / Dependent / Civilian Military Employee who spent a cumulative of six months or more between 1980 thru 1996 associated with a military base in Spain, Portugal, Turkey, Italy or Greece, and/or 1980 thru 1990 in Belgium, the Netherlands, Germany.

TRAVEL: Travel to certain countries may temporarily restrict you from donating blood. Please call 1-888-393-GIVE to learn more.

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

Condition:

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| Allergy..... | No wait |
| Abortion/Miscarriage..... | 6 week wait if pregnancy terminated in third trimester, otherwise no wait |
| Acupuncture..... | Can donate if single-use equipment is used |
| Alcohol Consumption..... | No wait unless intoxicated |
| Anemia (past diagnosis)..... | No wait if corrected |
| Blood donation, Apheresis..... | 48 hours |
| Blood donation, Whole..... | 8 weeks |
| Cancer, treated surgically with radiation or chemotherapy, except for hematological cancers..... | 1 year (except basal or squamous cell, if cancer removed) |
| Cold..... | No wait if no sore throat or fever |
| Cough..... | No wait if no sore throat or fever |
| Sore Throat..... | Until well, no symptoms |
| Diabetes..... | No wait if medically controlled |
| Ear and Body Piercing..... | See Acupuncture |
| Electrolysis..... | See Acupuncture |
| Gonorrhea..... | 1 year after treatment is completed |
| Heart Disease | |
| Angina or heart attack (m.i.) (no heart medication)..... | 3 month wait if asymptomatic and no activity restrictions |
| Angioplasty or bypass surgery (no heart medication)..... | 3 month wait if asymptomatic and no activity restrictions |
| Hepatitis Contact..... | Depends on type |
| Herpes..... | Free of fever/systemic symptoms |
| High Blood Pressure..... | No wait if medically controlled |
| Malaria..... | 3 years |
| -immigration from malarial area..... | 3 years |
| -travel to malarial area..... | 1 year |
| Pregnancy..... | 6 week wait after delivery |
| Recent Surgery..... | When released from MD's care |
| Syphilis..... | 1 year after treatment is complete |
| Tattoo..... | 1 year |

Immunizations/Vaccines (shots):

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| Flu/Pneumonia Vaccine..... | No wait |
| MMR..... | 4 weeks |
| Rubeola (measles), Yellow Fever, Mumps and Oral Polio..... | 2 weeks |
| Rubella (German measles)..... | 4 weeks |
| Hepatitis A and B..... | No wait |
| TB Skin Test..... | 48 hours |
| Tetanus, Diphtheria, Typhoid (inject) and Cholera..... | No wait |
| Varicella (Chicken Pox)..... | 4 weeks |
| Allergy shots..... | No wait |

Medications:

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| Accutane..... | 1 month |
| Allergy Medications..... | No wait |
| Antibiotics..... | One Day after last dose, symptom-free |
| Flagyl..... | No wait |
| High Blood Pressure Medicine..... | No wait |
| Oral Contraceptives..... | No wait |
| Propecia..... | 1 month |
| Proscar..... | 1 month |
| Tegison (for psoriasis)..... | Permanently deferred |
| Tetracycline for acne..... | No wait |
| Vitamins..... | No wait |