

## Blood Donor Information

Most healthy adults are eligible to give blood, however, there are some reasons a person may be deferred from donating temporarily, indefinitely or permanently. Deferral criteria have been established for the protection of donors and for patients in accordance with the Food and Drug Administration (FDA) regulatory requirements, AABB standards, and University Health Blood Donor Services policies. A temporary deferral should not discourage donors from coming back. We always need donors!

### What to Bring

Each donor is asked to bring some type of photo identification. State driver's license, passport, school or employee identification card are all acceptable forms.

### General Guidelines

In general, to donate blood you should:

- Be in general good health
- Have been feeling well for at least three days
- Have a normal BP, Pulse, and Temperature
- Be well hydrated
- Get a good night's rest prior to the day of donation
- Have eaten something prior to donating

### Weight Guidelines

- All donors, male and female, must be 17 years of age and weigh at least 115 lbs.
- Females older than 22 years of age, must weigh at least 115 lbs
- Females donors between 17 and 22 years old who are shorter than 5'6" tall can donate if they meet the height / weight requirements on the table below:

Height	4' 10"	4' 11"	5'	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"
Weight	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115

### Travel Restrictions

There are some specific conditions and activities that may prevent a potential donor from being eligible to donate. One reason is travel to areas where illnesses are or have been prevalent. Though most travelers will not become ill, there is a period of time where a traveler may be infected, but not display symptoms. To ensure the health of blood recipients, travelers are deferred from donating until the time period where symptoms may appear has passed. See the table below for specific countries of interest.

Country/Region	Donation Restriction
Countries with malaria-endemic areas, less than 5 consecutive years	3 month deferral upon return
Countries with malaria-endemic areas, <u>more</u> than 5 consecutive years	3 <u>year</u> deferral upon return
Countries with Leishmania-endemic areas (Afghanistan, Algeria, Bangladesh, Bolivia, Brazil, China, Ethiopia, India, Iran, Iraq, Kenya, Nepal, Peru, Somalia, South Sudan, Sudan, Syria)	12 month deferral upon return

## Blood Donor Information

### Medical and Other Restrictions

Issue/Condition	Donation Restriction
Previous Donation	Whole Blood donors may donate every 8 weeks. Platelet donors may donate every 2 weeks.
Cancer	Accept if local skin cancer (basal cell carcinoma or squamous cell carcinoma) and is completely excised and healed  Accept carcinoma-in-situ  For solid tissue cancer, deferral for 1 year after completion of all treatment and being released by physician, and no recurrences or metastasis  Permanent deferral for malignant melanoma, leukemia, lymphoma, Hodgkin's disease, multiple myeloma, myelodysplastic syndrome, polycythemia vera
Acupuncture	Accept only if: 1.) <i>Performed by a licensed provider,</i> 2.) <i>Underlying condition is not cause for deferral</i> 3.) <i>Procedure is done with single-use equipment and under aseptic conditions</i>  Defer 3 months if above conditions are not satisfied
Immunizations / Injectables	Some immunizations / injectables do not restrict your ability to donate while others carry various deferral periods. Contact the UH Blood Donor Services for specific details.
Medications	Most medications do not disqualify donation. Contact the UH Blood Donor Services for details about deferral periods for a specific medication.
Medical Conditions	Certain medical conditions may restrict your ability to donate. Contact the UH Blood Donor Services for details about deferral periods for a specific condition.
Pregnancy	Deferred until 6 weeks after the end of the pregnancy
Cold, Flu, or other respiratory illnesses	Eligible to donate once you have been feeling well for 3 days
Tattoo and Permanent Make-up, and Piercing	3 months after getting a tattoo, permanent make-up, or piercing  Exceptions: <b>1)</b> The site must be healed. This generally takes two weeks. <b>2)</b> Sterile single-use equipment must have been used. <b>3)</b> The establishment must be licensed by the state.  States that do not regulate tattoo facilities include: Georgia, Idaho, Maryland, Massachusetts, Nevada, New Hampshire, New York, Pennsylvania, Utah, Wyoming and the District of Columbia
Blood Transfusion, Organ or Tissue Transplant/Graft	No deferral for autologous graft/transplant provided site has healed and donor has resumed normal activities  3 month deferral allogeneic transplant  Permanent deferral for xenotransplant or human cadaveric transplant dura mater

## Blood Donor Information

Issue/Condition	Donation Restriction
<p style="text-align: center;">HIV Risk</p> <ul style="list-style-type: none"> <li>• Used needles to take drugs not prescribed by your doctor in the past 3 months</li> <li>• Received money, drugs or other payment for sex in the past 3 months</li> <li>• Had sexual contact with anyone who has HIV or has had a positive test for the HIV virus in the past 3 months</li> <li>• Had sexual contact with anyone else who takes money, drugs or other payment for sex in the past 3 months</li> <li>• Had sexual contact with anyone who has ever used needles to take drugs not prescribed by their doctor in the past 3 months</li> <li>• Has sexual contact with a new partner in the past 3 months and had anal sex</li> <li>• Has sexual contact with multiple partners in the past 3 months and had anal sex</li> </ul>	<p>3 month deferral</p>
Positive HIV Test	Indefinite deferral
Positive Hepatitis Test	Permanent deferral
Syphilis, gonorrhea, or other STI	Deferred 3 months

### After You Donate...

- Eat well and drink plenty of water for the next 24 hours.
- Keep the wrap bandage on for 2 hours.
- Avoid strenuous activities for the next 24 hours.
- If you feel faint, sit down.
- If you become ill over the next 7 days, please call 210-743-4466.