

GUIDELINES

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DENTAL PROCEDURE: Acceptable after teeth cleaning, scaling, root canal, fillings and tooth extractions as long as there is no infection present. Wait three days after having other types of oral surgery. Wait until antibiotics taken for a dental infection are finished.

DEPRESSION, ANXIETY: Acceptable as long as you feel well and are comfortable with the blood donation process. Medications for depression or anxiety do not disqualify you from donating.

DIABETES: Acceptable if disease is well controlled.

EPILEPSY, SEIZURES: Acceptable as long as you were seizure-free for the last three months. Medications for seizures do not prevent you from donating.

HEART DISEASE: Depends on specific condition, symptoms, and limitations, with at least six months since diagnosis, evaluation or treatments. May be on medication(s).

HEPATITIS, JAUNDICE: Since age 11, if you had hepatitis (inflammation of the liver) caused by a virus or unexplained jaundice (yellow discoloration of the skin), you are not eligible to donate blood. This includes those who had hepatitis or jaundice with infectious mononucleosis, as well as any other known viral hepatitis, at any age. Acceptable if you had jaundice or hepatitis caused by something other than a viral infection, such as medications, Gilbert's disease, bile duct obstruction, alcohol, gallstones or trauma to the liver.

HERPES: Acceptable as long as you are feeling well.

HIV/AIDS: Mandatory deferral for persons with HIV/AIDS or AIDS-like symptoms. Not acceptable if individual has engaged in any high-risk behavior or activity for HIV infection per the guidelines established by the Food and Drug Administration.

IMMUNIZATION, VACCINATION: Some vaccines are acceptable; otherwise, duration of deferral depends on specific vaccine(s) received. Routine military vaccines require a four-week deferral, unless the small pox vaccine was given, then deferral period is eight weeks.

MEDICATIONS: In almost all cases, medications will not prevent you from giving blood. Your eligibility is based on the reason the medication was prescribed. As long as the condition is under control and you are healthy, blood donation is usually permitted.

The FDA requires deferrals for a handful of drugs. For some of these, donors are acceptable after various waiting periods. These waiting periods often start on the date the last dose is taken. These drugs are: Accutane (isotretinoin), Proscar (finasteride), Propecia (finasteride),

Avodart (dutasteride), Soriatane (acitretin), and Tegison (etretinate). Also, a history of taking certain human growth hormones or some types of insulin from cows (bovine insulin) requires permanent deferral. If you are taking prescription blood thinners, such as Coumadin, you should not donate since your blood will not clot normally. If your doctor discontinues your treatment with blood thinners, wait seven days after the last dose before donating.

PIERCING (EARS, BODY), ELECTROLYSIS: Acceptable as long as the instruments used were known to be sterile; otherwise, the person must wait 12 months before donating blood.

PREGNANCY, NURSING: Pregnant women are not eligible to donate. Wait six weeks after giving birth. Nursing is not a cause for deferral.

SKIN DISEASE, RASH, ACNE: Acceptable as long as the skin over the vein chosen to collect blood is not affected. If the skin disease becomes infected, wait until the infection clears before donating. Taking antibiotics to control acne does not prevent you from donating.

SURGERY: Acceptable as long as the underlying reason for surgery is also acceptable for blood donation. Sutured minor cuts and lacerations are acceptable if no inflammation or infection exists. If a laceration becomes infected, wait until the infection clears before donating. Wait 12 months if you had a blood transfusion or a tissue, bone, kidney or stem cell transplant that required blood, tissue, bone or kidney from another person. There is a 12-month waiting period after receiving cornea transplants (previously, receiving cornea transplants indefinitely deferred people from donating).

TATTOO: Acceptable if done by state-regulated and licensed entity using sterile needles and ink that is not reused; otherwise a 12-month waiting period. In Oklahoma and Illinois, there is a 12-month waiting period, regardless of where and how the procedure was performed.

TRAVEL OUTSIDE OF U.S./IMMIGRATION: Wait 12 months after travel in a country with areas where malaria occurs. Waiting three years after moving to the United States after living in a country where malaria occurs.

Persons who spent varying periods in certain countries where mad cow disease is found are not eligible to donate. This requirement is related to concerns about variant Creutzfeldt Jakob Disease (vCJD), the human form of mad cow disease. See attached sheet about travel and vCJD. Persons who were born, lived, or traveled in other parts of the world may be deferred for other reasons, subject to change.

WHAT?

GENERAL BLOOD AND PLATELET DONOR ELIGIBILITY GUIDELINES



Thank you for your interest in donating blood or platelets. Your donation helps patients in need. If you cannot donate blood or platelets, there may be opportunities to help the American Red Cross Blood Services by volunteering in other ways. If you would like to make an appointment to donate, have questions about donating, or wish to find out more about other ways to volunteer, please call 1-800-RED CROSS (1-800-733-2767). If you have specific eligibility questions, you may contact a local representative in your state by calling 1-866-236-3276.

PLEASE NOTE: The following is not a complete list of eligibility guidelines. Medical professionals are available at each blood donation center to discuss details of each donor's health history, confidentially, prior to blood donation. The final determination of eligibility is made at that time. Some donor eligibility rules are specified by the Food and Drug Administration (FDA) for every blood bank in the country. Other rules are determined by the particular blood bank and may differ between Red Cross and non-Red Cross donor centers. Donor eligibility guidelines are intended to protect the health and safety of both the donor, as well as the patient who receives the transfusion. The criteria listed below are provided as guidelines to assist you in determining whether you are eligible to be a donor.

NOTE: DONOR ELIGIBILITY CRITERIA ARE SUBJECT TO CHANGE.

GUIDELINES

ALLERGY, STUFFY NOSE, ITCHY EYES, DRY COUGH:

Acceptable as long as you feel well, have no fever and have no problems breathing.

ANTIBIOTICS: Must have finished antibiotics for an infection (bacterial) and be free of symptoms. Acceptable if you are taking antibiotics to prevent an infection, for example, following dental procedures or for acne. If you have a temperature above 99.5 degrees Fahrenheit, you may not donate until your temperature drops to or below 99.5 degrees Fahrenheit.

ASPIRIN- SPECIAL NOTE: If you take aspirin or other medications containing aspirin, you must wait 48 hours to donate platelets. If taking an anti-platelet drug (e.g., Plavix®), you must wait 14 days after the last dose before giving platelets.

ASTHMA: Acceptable as long as you are not having difficulty breathing at the time of donation, and otherwise feel well. Medications for asthma do not prevent you from donating.

BLOOD EXPOSURE TO SOMEONE ELSE'S BLOOD: Donors must wait 12 months before giving blood, if they were exposed to someone else's blood, usually through contact with non-intact skin, exposure to mucus membranes or via needle stick. This includes sharing toothbrushes or razors with another person.

BLOOD PRESSURE MEDICATIONS: Donors who are taking blood pressure medication are evaluated for acceptability by their blood pressure reading on the day of donation.

BOTOX INJECTIONS: Acceptable under certain conditions.

CANCER: Acceptable if the cancer was treated and it's been at least one year since treatment was completed with no cancer recurrence. If you had leukemia or lymphoma, including Hodgkin's disease and mycosis fungoides, you are not eligible to donate. Some low-risk cancers, including squamous or basal cell cancers of the skin, do not require a waiting period.

Certain precancerous conditions, such as those of the cervix or the colon, do not prevent you from giving blood, if the condition was treated successfully.

You should discuss your particular situation with the Red Cross health historian at the time of donation.

CHOLESTEROL, HIGH: Acceptable. Medication to lower cholesterol levels do not disqualify you from donating.

COLD, FLU, SORE THROAT: Wait if you have a fever or a productive cough (bringing up phlegm). Wait if you don't feel well on the day of donation. Wait until you have completed antibiotic treatment for, and are recovered from sinus, throat, or lung infection.

IF YOU HAVE ANY QUESTIONS ABOUT DONATING BLOOD OR DONOR ELIGIBILITY REQUIREMENTS, PLEASE CALL 1-800-RED CROSS OR VISIT REDCROSSBLOOD.ORG.