

Donation Eligibility Guidelines

For further information call 1-888-393-GIVE



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:

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.....	Permanently deferred
-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):

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:

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