

DONOR ELIGIBILITY

Age: You must be 17 years old, or 16 years old with a parental consent form.

Weight: at least 110 pounds.

Health: You must be in good health and feeling well on the day of donation. Prospective donors should eat a full meal within four hours of donating, avoiding fried, fatty foods and whole dairy products.

ID required to donate: Photo ID required. Contact the blood center for religious exceptions.

Allergy shots: Acceptable

Antibiotics: 48 hours after final dose, if the reason for taking the antibiotics has been eliminated. If antibiotics were received by injection, you must wait 2 weeks before donating. If taking as a preventative, acceptable as long as no current infection exists.

Autologous (Self-donation): eligible 3 months after surgery.

Blood donation: Whole blood: 56 days (8 weeks) since last donation. Automated double red cells: 112 days.

Blood transfusion: 3 months after receiving blood or blood products.

Cancer: One year after treatment completed with no recurrence. Leukemia and Lymphomas cannot be accepted. Carcinoma *in situ* of cervix is acceptable. Skin cancer is usually acceptable if basal or squamous cell. Melanoma –one year after completion of treatment and no recurrence.

Colds: Accept if no fever, sore throat, cough associated with a cold, headache, fatigue and not on antibiotics. Over the counter cold remedies are acceptable in the absence of the above symptoms.

Potential Exposure to HIV/AIDS: All donors are asked about history of behavior that can increase the possibility of exposure to HIV/AIDS and other sexually transmitted infections.

Dental work: Eligible 7 days after dental procedure if no infection and not receiving antibiotics. Routine teeth cleaning is acceptable.

Diabetes: Acceptable if well on day of donation.

Ears or skin pierced: Acceptable if single use equipment was used. Otherwise: 3 month deferral. Acupuncture acceptable if performed using single-use needle.

Tattoos: Acceptable if tattoo was applied by a state licensed professional in a regulated state. Otherwise: 3 month deferral.

Epilepsy Medications: Acceptable if seizure-free for 3 months.

Hay Fever: Acceptable. Hay fever remedies are acceptable.

Heart Conditions: An angiogram is acceptable if results were normal. Angioplasty (balloon), stent, or heart attack are acceptable after 6 months if stable and no activity restrictions. Heart surgery is a 12 month deferral if stable and no restrictions.

Herpes Simplex 1: (Cold Sore)

Acceptable, when outbreak is dry and crusted.

Herpes Simplex 2: (Venereal)

Acceptable, when outbreak is dry and crusted.

Major surgery: Most surgeries are acceptable when healed, released from immediate doctor's care, infection-free, no blood was transfused, and return to normal activities.

Minor surgery: Acceptable if no sign of infection. Stitches and casts are acceptable.

Medications: vitamins, hormones, birth control pills, thyroid medications, aspirin, fertility drugs, non-steroid anti-inflammatory and pain medications are all acceptable.

Pregnancy: Acceptable 6 weeks after delivery or termination of pregnancy. Breast-feeding is acceptable.

Ulcers: Acceptable if symptom-free at the time of donation. Most medications are acceptable.

Vaccinations: 21 days after hepatitis B or combination Hepatitis B and A vaccines (Heptavax, Energix, Recombivax), 4 weeks after MMR, Chickenpox (Varivax). Flu shots are acceptable. Vaccinations for COVID-19 are acceptable. Respiratory Syncytial Virus (RSV) vaccines are acceptable.

If you have had the following, you cannot donate blood:

- Blood disease, such as leukemia
- A positive test for hepatitis B or C
- HIV: positive test ever
- Lymphoma

800-747-5401

PLATELET APHERESIS DONOR ELIGIBILITY

GENERAL PHYSICAL REQUIREMENTS: Same as whole blood donor

Age: Donors must be age 17 or 16 with parental consent form. There is no upper age limit.

Weight: At least 110 lbs.

Health: Must be well on the day of donation.

ID required to donate: Photo ID required. Contact the blood center for religious exceptions.

Medications

No aspirin or aspirin products can be taken 48 hours before donating, because aspirin affects platelets' ability to function properly.

Some other medications affect platelets and may result in a temporary inability to donate platelets. Piroxicam (Feldene) use requires a 2-day deferral after stopping. The anti-platelet drugs clopidogrel (Plavix), ticlopidine (Ticlid), cilostazol (Pletal), and Aggrenox (dipyridamole) require a 14-day deferral after stopping. Brilinta (ticagrelor) requires a 7-day deferral after stopping. Effient (Prasugrel) requires a 3-day deferral after stopping. Donating whole blood or double red cells while taking these medications is acceptable.

Ibuprofen, Motrin, Advil and many other non-aspirin drugs are acceptable.

To be certain a medication is acceptable, call ImpactLife and ask to speak to someone in Audit Support. Donors must never stop prescribed drugs in order to donate, unless they have cleared this with their doctor.

PLATELET DONATION FREQUENCY

Once a week, up to 24 times a year.

Our bodies are constantly replacing platelets. Healthy individuals have a surplus of platelets, so removal of this quantity has no adverse effects.

Wait 7 days after a platelet donation to give whole blood.

Wait 7 days after a whole blood donation to donate platelets.

Wait 28 days after a plasma product donation to donate whole blood.

Wait 112 days after a double red cell donation.

If you have any additional eligibility questions, call 800-747-5401 or see www.bloodcenter.org.