

# Blood Donation Eligibility Guidelines

## Basic Donation Criteria:

You must meet all of the following criteria in order to donate one unit of Whole Blood:

- a. Be at least 17 years old.
- b. Weigh at least 110 lbs (bodyweight).
- c. Generally feel well and healthy.
- d. Have no fever, sore throat or flu-like symptoms.
- e. Have no active cold symptoms.
- f. Have not had major surgery recently (released from doctor's care).
- g. Special requirements apply to double red cell donors: Men:  $\geq 5'1''$  height, weight  $\geq 130$  lbs.; Women:  $\geq 5'5''$  height, weight 150 lbs.

## The following criteria may affect your ability to donate and result in a temporary deferral:

- a. **Tattoo/Body Piercing\*** – these are acceptable if sterile technique was used in a licensed facility in Ohio, Indiana or Kentucky. If done in any other manner, you must wait 12 months after the procedure was performed.
- b. Pregnancy – You cannot donate while pregnant. You may donate six weeks after the pregnancy has ended.
- c. Allergies – You may not donate until 6 hours after your allergy shot.
- d. **Travel\*** – If traveling to a known malarial zone, you must wait one year. If you lived in a known malarial zone, you must wait 3 years after immigrating to the U.S.

## You may donate if you are taking the following medications:

- a. Aspirin – platelet donors must wait 48 hours after ingestion.
- b. Ibuprofen (Advil/Aleve [Naproxen]) – platelet donors must wait 24 hours.
- c. Birth Control Pills
- d. Blood Pressure Medication – provided your blood pressure is under control.
- e. Antibiotics – 24 hours after the last dose is taken and you are symptom free.
- f. Diabetes Medication – Oral medication is acceptable. Insulin dependent diabetics may donate provided they have not used beef-source insulin since 1/1/80.
- g. **Heart Disease/Other Medications\***

## You may NOT donate at any time (permanent disqualification) if you have or had:

- a. tested positive for HIV.
- b. Participated in high-risk behaviors associated with HIV infection.
- c. Viral Hepatitis after the age of 11.
- d. Hepatitis B or Hepatitis C virus infection at any age.
- e. **Certain forms of Cancer\***

General recommendation to help with the donation process:

- a. Eat a good meal; drink plenty of non-caffeinated or non-alcoholic fluids before donating.
- b. Bring the names of your medications. We will ask the reasons for use to determine eligibility.
- c. Bring your last 3 years of travel history.
- d. Eat good meals and drink plenty of fluids following donation.
- e. You may donate again in 56 days (8 weeks), unless you donated a double red cell (112 days).

**\*Call Hoxworth Blood Center Donor Services at 513-558-1304; toll-free at 800-265-1515, ext.8-1304, to see if you qualify.**