

Medical Requirements

For Blood Donors

These criteria are subject to change without notice. Blood Donors must:

- be 16 years of age or older
 - weigh a minimum of 115 pounds
 - allow eight weeks between whole blood donations
 - provide photo identification when registering to donate
 - provide proof of age at high school blood drives
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Acne

Donors taking most antibiotics for acne are eligible. Those taking Accutane must wait one month after last dose. Those taking penicillin and penicillin derivatives are not eligible.

Acupuncture

There is no waiting period if procedure was performed with sterile needles by a licensed physician, chiropractor or certified acupuncturist.

AIDS

The Food and Drug Administration prohibits the following individuals from donating blood or plasma:

- Men who have had sex with other men, even one time, since the beginning of 1977
- Individuals with hemophilia
- Men or women who have:
 - > ever taken illegal drugs by needle
 - > accepted money or drugs for sex since 1977
 - > given money or drugs for sex in the last 12 months
 - > had a confirmed positive test for HIV (AIDS virus) antibody
 - > AIDS or any of its signs and symptoms, which include: unexplained weight loss; night sweats; blue or purple spots on or under the skin (Kaposi sarcoma); swollen glands or lumps in the neck, armpits or groin that last more than one week; unexplained fever for more than one week; persistent cough, shortness of breath; frequent diarrhea
 - > had sexual partners in the last 12 months that fall in the categories above
 - > been confined in juvenile detention, jail (lock-up), or prison for more than 72 consecutive hours during the previous 12 months
 - > taken drugs by needle that are not prescribed by a physician.

Antibiotics

Individuals may donate blood 24 hours after last dose (if taken for infection). This includes penicillin and penicillin derivatives.

Arthritis/Gout

Individuals may donate if free of acute symptoms.

Birth Control

Donors taking birth control medications are acceptable.

Blood Disease/Sickle Cell Disease

Persons with chronic blood disease are permanently deferred from giving blood.

Cancer

Individuals who have had:

- Leukemia are deferred permanently
- Breast and thyroid cancer, Hodgkins disease, lymphoma, sarcoma or malignant melanoma must be cancer free for at least 10 years
- Squamous cell (systemic), prostate cancer and all other cancers must be cancer free for at least 5 years
- Basal or squamous cell carcinoma (skin cancer) are acceptable after treatment is complete.
- All carcinoma in-situ (localized pre-invasive lesions) are acceptable after treatment is complete.

Cold

Donors should be symptom-free for 48 hours prior to blood donation.

Dental Surgery

Individuals can donate 24 hours after dental surgery:

- If they have no fever or pain, and
- Have not taken antibiotics within the last 24 hours
- There is no deferral for routine dental care and uncomplicated fillings.

Diabetes

Individuals may not donate if they have taken bovine beef insulin since 1980.

Medical Requirements

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Ear/Body Piercing

Individuals who have had piercing performed:

- By “gun” method and sterilized pre-packaged piercing studs are eligible.
- At a doctor’s office are eligible.

Flu

Donor should be symptom-free for 48 hours before donating. Individuals who have received a flu vaccine are eligible to donate blood (no waiting period).

Heart Disease

Donors must wait for 6 months after a heart attack or cardiac surgery and then must be symptom-free, have no activity restriction, and either be released from or have their cardiologist’s approval.

Hepatitis/Yellow Jaundice

- Individuals **cannot** donate if they have had hepatitis or jaundice related to an infection after their eleventh birthday
- Individuals who have received Hepatitis B vaccine for routine preventive measures are deferred for 3 weeks
- Individuals who have received Hepatitis B vaccine due to exposure to Hepatitis B are deferred for 12 months from the time of exposure
- Those who have received immune globulin for possible exposure, e.g., eating at a restaurant, are deferred for 120 days
- Those receiving immune globulin for close living contact with an individual with active hepatitis symptoms cannot give blood for 12 months from the last date lived with an individual with active hepatitis symptoms.

High Blood Pressure

Individuals taking blood pressure medications may donate.

Malaria

- Donors must wait 3 years:
 - > after being symptom free of malaria
 - > if they have lived in malarial areas for 5 years or longer
- Donors who have visited or toured malarial areas, may donate **one year** after departure provided they have been free of symptoms suggestive of malaria.

Pregnancy

A woman cannot donate blood during pregnancy, but may donate six weeks after delivery provided she is released from physician’s care.

Psychotherapeutic Medications

Donors taking psychotherapeutic medications are eligible if they are able to understand and answer the questions.

Stroke

Stroke survivors **may** donate after a 6 month wait if they are not taking medication for stroke, have no activity restrictions and are released from doctor’s care.

Surgery

Individuals may donate when released from physician’s care and healing is complete. If a blood transfusion was received, there is a 12 month wait, unless the blood received was autologous.

Tattoo

If the tattoo was applied in a licensed facility in Kansas or Missouri, there is no waiting period (as long as the site has healed). Otherwise there is a 12 month waiting period.

Needle Stick

If the donor had a needle stick accident, there is a 12 month waiting period after exposure.

Travel Instructions in regard to Creutzfeldt-Jakob Disease

- Donors are indefinitely deferred if they have:
 - > spent time since 1980 that adds up to >5 years in Europe
 - > spent time from 1980 to 1996 that adds up to 3 months or more in the United Kingdom. (The United Kingdom includes England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, Falkland Islands, Hebrides, Isle of Wight, Orkney Islands and Shetland Island.)
 - > received a transfusion of any blood products when in the United Kingdom.
- Donors who were members of the military, civilian military employees or their dependents and who were stationed in Europe between 1980 and 1996 have further restrictions.