

## Blood Donor Screening Sheet

### Can I Donate?

Most healthy adults are eligible to give blood, however, there are some reasons a person may be deferred from donating temporarily, indefinitely or permanently. Deferral criteria have been established for the protection of donors and for patients in accordance with the Food and Drug Administration (FDA) regulatory requirements, AABB standards, and UHS Blood Donor Services policies. A temporary deferral should not discourage donors from coming back. We always need donors!

### What to Bring to the Blood Drive

Each donor is asked to bring some type of photo identification. State driver's license, passport, school or employee identification card are all acceptable forms.

### General Guidelines

In general, to donate blood you should:

- Be in general good health
- Have been feeling well for at least three days
- Have a normal BP, Pulse, and Temperature
- Be well hydrated
- Get a good night's rest prior to the day of donation
- Have eaten something prior to donating

### Weight Guidelines

- Men 17 -22 years: Must be 5 feet tall and weigh at least 110 lbs.
- Men >22 years: No height requirement, but weight at least 110 lbs
- Females 17-22 years: Must be 5'6" tall and weigh at least 110 lbs
- Females >22 years:

Height	4' 10"	4' 11"	5'	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	≥5' 6"
Weight	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115	≥ 110



## Travel Restrictions

There are some specific conditions and activities that may prevent a potential donor from being eligible to donate. One reason is travel to areas where illnesses are or have been prevalent. Though most travelers will not become ill, there is a period of time where a traveler may be infected, but not display symptoms. To ensure the health of blood recipients, travelers are deferred from donating until the time period where symptoms may appear has passed. See the table below for specific countries of interest.

Country/Region	Donation Restriction
Countries with malaria-endemic areas, <u>less</u> than 5 consecutive years	3 months deferral upon return
Countries with malaria-endemic areas, <u>more</u> than 5 consecutive years	3 years deferral upon return
Countries with Leishmania-endemic areas (Afghanistan, Algeria, Bangladesh, Bolivia, Brazil, China, Ethiopia, India, Iran, Iraq, Kenya, Nepal, Peru, Somalia, South Sudan, Sudan, Syria)	12 months deferral upon return
United Kingdom (England, Scotland, Wales, Northern Ireland, Channel Islands, Gibraltar, Falkland Islands, Isle of Man) from <b>January 1980 - December 1996</b> for a cumulative time of 3 months, or more.  <b>(Not associated with the US military)</b>	Indefinite deferral
France or Ireland from <b>January 1980 to December 2001</b> for a cumulative period of 5 years, or more  <b>(Not associated with the US military)</b>	Indefinite deferral
France and the United Kingdom (England, Scotland, Wales, Northern Ireland, Channel Islands, Gibraltar, Falkland Islands, Isle of Man) from <b>January 1980 to the Present</b> , did you receive a blood transfusion?	Indefinite deferral

An '**Indefinite Deferral**' means a donor is unable to donate blood for an unspecified period of time due to current regulatory requirements or lack of an approved blood test. A donor with an indefinite deferral may be allowed to donate in the future.

## Medical and Other Restrictions

Issue/Condition	Donation Restriction
Previous Donation	Whole Blood donors may donate every 8 weeks. Platelet donor may donate every 2 weeks.
Cancer	<p>Accept if local skin cancer (basal cell carcinoma or squamous cell carcinoma) and is completely excised and healed</p> <p>Accept carcinoma-in-situ of the cervix</p> <p>For solid tissue cancer, deferral for 1 year after completion of all treatment and being released by physician, and no recurrences or metastasis</p> <p>Permanent deferral for malignant melanoma, leukemia, lymphoma, Hodgkin's disease, multiple myeloma, myelodysplastic syndrome, polycythemia vera</p>
Tattoo and Permanent Make-up, and Piercing	<p>3 months after getting a tattoo, permanent make-up, or piercing</p> <p><b>Exceptions:</b></p> <p><b>1)</b> <i>There is no deferral for ear or body piercings performed using sterile, single-use equipment.</i></p> <p><b>2)</b> <i>Some donors may be eligible to donate one week after adequate healing of the tattoo or permanent make-up if 1) applied using sterile needles and one time use ink and 2) in a state-regulated establishment.</i></p> <p>States that do <u>not</u> regulate tattoo facilities include: Georgia, Idaho, Maryland, Massachusetts, Nevada, New Hampshire, New York, Pennsylvania, Utah, Wyoming and the District of Columbia..</p>
Acupuncture	<p>Accept only if:</p> <ol style="list-style-type: none"> <li>1.) <i>Performed by a licensed provider,</i></li> <li>2.) <i>Underlying condition is not cause for deferral</i></li> <li>3.) <i>Procedure is done with single-use equipment and under aseptic conditions</i></li> </ol> <p>Defer 3 months if above conditions are not satisfied.</p>
Immunizations / Injectables	Some immunizations / injectables do not restrict your ability to donate while others carry various deferral periods. Contact the UHS Blood Donor Services for specific details.
Medications	Most medications do not disqualify donation. Contact the UHS Blood Donor Services for details about deferral periods for a specific medication.
Medical Conditions	Certain medical conditions may restrict your ability to donate. Contact the UHS Blood Donor Services for details about deferral periods for a specific condition.

Pregnancy	Deferred until 6 weeks after the end of the pregnancy.
Cold or Flu	Eligible to donate once you have been feeling well for 3 days.
Blood Transfusion, Organ or Tissue Transplant/Graft	3 months following transfusion or autologous transplant.  12 months for allogeneic transplant.  Permanent deferral for xenotransplant or human cadaveric transplant dura mater
HIV Risk <ul style="list-style-type: none"> <li>• Used needles to take drugs not prescribed by your doctor</li> <li>• Received money, drugs or other payment for sex</li> <li>• Had sexual contact with anyone who has HIV/AIDS or has had a positive test for the HIV/AIDS virus</li> <li>• Had sexual contact with a prostitute or anyone else who takes money, drugs or other payment for sex</li> <li>• Had sexual contact with anyone who has ever used needles to take drugs not prescribed by their doctor</li> <li>• Male to male sexual contact</li> <li>• Females who have had sexual contact with a male who has had sexual contact with another male in the past 3 months</li> </ul>	3 month deferral
Positive HIV Test	Indefinite deferral
Positive Hepatitis Test	Permanent deferral
Syphilis, gonorrhea, or other STI	Deferred 3 months after completion of treatment

### After You Donate...

- Eat well and drink plenty of water for the next 24 hours
- Keep the wrap bandage on for two hours
- Avoid strenuous activities for the next 24 hours
- If you feel faint, sit down.
- If you become ill over the next 7 days, please call 210-743-4466