

## Donor Eligibility Guidelines...continued

**Dental procedures:** Acceptable after teeth cleaning, scaling, root canal, fillings and tooth extractions as long as there is no infection present. Wait for three days after having other types of oral surgery. Wait until antibiotics being taken for a dental infection are finished.

**Depression, anxiety:** Acceptable as long as you feel well and are comfortable with the blood donation process. Medications for depression or anxiety do not disqualify you from donating.

**Diabetes:** Acceptable if disease is well controlled.

**Epilepsy, seizures:** Acceptable as long as you have been seizure-free for the last three months. Medications for seizures do not prevent you from donating.

**Heart disease:** Depends on specific condition, symptoms, and limitations, with at least six months since diagnosis, evaluation or treatments. May be on medication(s).

**Hepatitis, jaundice:** Since age 11, if you had hepatitis (inflammation of the liver) caused by a virus, or unexplained jaundice (yellow discoloration of the skin), you are not eligible to donate blood. This includes those who had hepatitis or jaundice with infectious mononucleosis at any age as well as any other **known** viral hepatitis at any age.

Acceptable if you had jaundice or hepatitis caused by something other than a viral infection, such as medications, Gilbert's disease, bile duct obstruction, alcohol, gallstones or trauma to the liver.

**Herpes:** Acceptable as long as you are feeling well.

**HIV/AIDS:** Mandatory deferral for persons with HIV/AIDS or AIDS-like symptoms. Not acceptable if individual has engaged in any high-risk behavior or activity for HIV infection per the guidelines established by the Food and Drug Administration.

**Immunization, vaccination:** Some vaccines are acceptable; otherwise, duration of deferral depends on specific vaccine(s) received. Routine military vaccines require a four-week deferral, unless the small pox vaccine was given, then the deferral period is eight weeks.

**Medications:** In almost all cases, medications will not prevent you from giving blood. Your eligibility will be based on the reason the medication was prescribed. As long as the condition is under control and you are healthy, blood donation is usually permitted.

The FDA requires deferrals for a handful of drugs. For some of these, donors are acceptable after various waiting periods, which begin from when the last dose was taken. These drugs are: Accutane (isotretinoin); Proscar (finasteride); Propecia (finasteride); Avodart (dutasteride); and Soriatane (acitretin). Tegison (tretinate). Also, a history of taking certain human growth hormones or some types of insulin from cows (bovine insulin), requires permanent deferral.

If you are taking prescription blood thinners, such as Coumadin, you should not donate since your blood will not clot normally. If your doctor discontinues your treatment with blood thinners, wait seven days after last dose before donating.

**Piercing (ears, body), electrolysis:** Acceptable as long as the instruments used were known to be sterile; otherwise, the person must wait 12 months before donating blood.

**Pregnancy, nursing:** Pregnant women are not eligible to donate. Wait six weeks after giving birth. Nursing is not a cause for deferral.

**Skin disease, rash, acne:** Acceptable as long as the skin over the vein to be used to collect blood is not affected. If the skin disease has become infected, wait until the infection has cleared before donating. Taking antibiotics to control acne does not prevent you from donating.

**Surgery:** Acceptable as long as the underlying reason for surgery is also acceptable for blood donation. Sutured minor cuts and lacerations are acceptable if no inflammation or infection exists. If a laceration has become infected, wait until the infection has cleared before donating.

Wait 12 months if you had a blood transfusion or a tissue, bone, kidney or stem cell transplant that required blood, tissue, bone or kidney from another person. There is a 12-month waiting period after receiving cornea transplants (previously, receiving cornea transplants indefinitely deferred people from donating).

**Tattoo:** Acceptable if done by state-regulated and licensed entity using sterile needles and ink that is not reused; otherwise a 12-month waiting period. In Oklahoma and Illinois, there is a 12-month waiting period, regardless of where and how the procedure was performed.

**Travel outside of U.S./Immigration:** Wait 12 months after travel in a country with areas where malaria occurs. Wait three years after moving to the United States after living in a country where malaria occurs.

Persons who have spent varying periods in certain countries where mad cow disease is found, are not eligible to donate. This requirement is related to concerns about **variant Creutzfeldt-Jakob Disease (vCJD)**, the human form of *mad cow disease*. See attached sheet about travel and vCJD. Persons who were born, lived, or traveled in other parts of the world may be deferred for other reasons, subject to change.

### Helpful and Healthful Tips

#### On the day of your donation —

- For **blood donations**, drink extra water before and after your donation to replace the volume of blood you will donate.
- For **platelet donations**, drink a normal amount of water, but not extra.
- Avoid caffeinated drinks.

**Between donations -** Give your body plenty of iron. Iron comes from food in your diet. Foods rich in iron include red meat, fish, poultry, broccoli, beans, raisins and prunes.

Eating foods rich in vitamin C (such as citrus fruits) helps your body absorb the iron in the foods you eat.