

In an effort to reduce some of the confusion surrounding donor guidelines for giving blood, the following guidelines are shown below.

- 1. IDENTIFICATION.** All donors must provide personal photo identification. ID's must be issued by state (DL or ID), school or US government (passport, military ID, resident alien ID, green card or work visa).
- 2. AGE.** All donors must be at least 16 years of age and in good general health. 156 year olds must have written parental consent. There is no upper age limit.
- 3. MEDICATIONS.**
 - A. Cannot give blood if taking the following:** Antibiotics, Accutane, Propecia, Proscar.
 - B. OK to give blood if taking the following:** Vitamins, birth control pills, or medicine for : Allergies, Blood Pressure, Thyroid Replacement, Female Hormones, Anxiety, High Cholesterol, as well as most other medications.
- 4. CANCER. OK** to donate after curative treatment for basal cell skin cancer and squamous cell skin cancer. For most solid tumors, including breast cancer, it is OK to give 5 years after completion of all treatment.
Permanent disqualifications required for individuals who have had : Lymphoma, Leukemia, or Melanoma.
- 5. DIABETES: OK** if controlled by human or porcine insulin, oral medication or diet.
- 6. SHOTS: OK** after allergy shots, influenza vaccine, hepatitis A vaccine and tetanus shot.
- 7. EATING/DRINKING/ACTIVITY:** Try to eat a low-fat meal before giving. Drink lots of fluids before and after giving. Avoid alcoholic beverages for 12 hours before and after giving. Avoid strenuous exercise for 12 hours after giving.
- 8. TEMPORARY DISQUALIFICATIONS:**
COLD/FLU/DON'T FEEL WELL – One day symptom free.
PREGNANCY – OK to donate 6 weeks after end of pregnancy.
EARLOBE PIERCING – OK to donate, if performed with a single use device. If not, wait 1 year
- 9. BODY AND EAR CARTILAGE PIERCING :** OK to donate, if performed in a Texas state-licensed facility. If not, wait 1 year.
- 10. HEPATITIS B VACCINE :** OK to give 2 weeks after vaccine.
- 11. TATTOO :** OK to donate, if performed in a Texas state licensed facility, otherwise wait 1 year from end of procedure.
- 12. BLOOD TRANSFUSION OR TISSUE TRANSPLANT:** None in the past year.
- 13. MALARIA:** One year following travel to malarial area as defined by the Centers for Disease Control and Prevention (CDC). OK to donate 3 years after malaria is cured.
- 14. LAST BLOOD DONATION:** Eight (8) weeks between whole blood donations. Seven (7) days between platelet donations up to 24 times per year. Sixteen (16) weeks between automated double red cell donations.

15. PERMANENT DISQUALIFICATIONS:

- AIDS/HIV INFECTION OR CERTAIN RISK FACTORS.
- HISTORY OF HEART ATTACK.
- HISTORY OF ILICIT DRUG USE, INCLUDING STEROIDS, USING A NEEDLE.
- HUMAN GROWTH HORMONE INJECTIONS (PITUITARY DERIVED).
- VIRAL HEPATITIS (AGE 11 OR OLDER).
- DIABETIC WHO EVER TOOK BOVINE (BEEF) INSULIN INJECTIONS.
- MORE THAN 3 MONTHS SPENT (CUMULATIVE) IN THE UNITED KINGDOM BETWEEN 1980 AND 1996.
- RECIPIENTS OF BLOOD TRANSFUSIONS IN THE U.K. SINCE 1980.
- MORE THAN 5 YEARS SPENT (CUMULATIVE) IN EUROPE FROM 1980 TO PRESENT.
- IF DONOR WAS A MEMBER OF THE US MILITARY, A CIVILIAN MILITARY EMPLOYEE, OR A DEPENDENT OF A MEMBER (US MILITARY) WHO SPENT A TOTAL TIME OF 6 MONTHS OR MORE ASSOCIATED WITH A MILITARY BASE IN ANY OF THE FOLLOWING COUNTRIES: BELGIUM, THE NETHERLANDS, GERMANY (1980 – 1990), OR IN SPAIN, PORTUGAL, TURKEY, ITALY OR GREECE BETWEEN 1980 – 1996.