

# BLOOD DONOR ELIGIBILITY REQUIREMENTS

Most healthy people can donate blood. . In about one hour, donors complete a short medical history; receive a mini-physical where temperature, pulse, blood pressure and iron level are measured; recline comfortably for 5-10 minutes while donating; and enjoy refreshments before leaving. Only disposable, single-use, sterile products are used to collect blood. *You cannot get AIDS by donating blood.*

**Please eat a nutritious meal and drink extra fluids within 4 hours of donating.**

## DONOR ELIGIBILITY REQUIREMENTS

<b>Age</b>	16 years of age- must present Inova Blood Donor Services Consent Form signed by a parent or guardian 17 years of age and older may donate without consent-no upper age limit
<b>Health</b>	Generally in good health, you must be well for 3 days (no symptoms of illness including colds)
<b>Weight</b>	110 pounds minimum
<b>Identification</b>	Photo ID ( <i>such as driver's license</i> ) must be presented
<b>To give whole blood</b>	Wait 56 days after a whole blood donation or 14 days after a platelet donation
<b>To give platelets</b>	Wait 14 days after a whole blood or an ABC (automated blood donation)

## CONDITIONS AND TREATMENTS-SOME MAY REQUIRE TEMPORARY WAITS BEFORE YOU MAY DONATE

<b>Antibiotic therapy</b>	24-hour wait after last dose, plus you must be well for at least 3 days
<b>Asthma</b>	No wait if symptom free at time of donation ( <i>medication controlled okay</i> )
<b>Blood Pressure</b>	No wait if, blood pressure is less than or equal to 180/100 ( <i>medication controlled okay</i> )
<b>Cancer</b>	Basal cell & Squamous cell skin, or cervical in-situ – no wait Most other cancers – be cancer free 5 years from the last treatment, a physician's note is not required
<b>Dental Care</b>	24-hour wait after routine procedures- <i>cleanings, fillings</i> ; 72-hour wait after root canal or surgery
<b>Diabetes</b>	No wait when controlled by diet or medication
<b>Heart Attack history</b>	Before coming to donate, please consult your doctor and bring a written approval for donation.
<b>Immunizations (shots)</b>	Allergy or flu vaccines-no wait; Hepatitis B Vaccine-24 hour wait; others 24-hour to 4-week waits
<b>Malarial Area Travel</b>	1-year wait ( <i>symptom free</i> ) after return from visiting malarial endemic area
<b>Piercing (ear/body)</b>	No wait when done in a professional setting with sterile single-use equipment 1-year wait after accidental needle stick or any other non-sterile skin penetration
<b>Pregnancy</b>	6-weeks wait after vaginal delivery; 6 month wait after C-section
<b>Seizure</b>	6-month wait after last seizure occurrence ( <i>medication controlled okay</i> )
<b>Surgery</b>	2 to 12-week waits after minor procedures; 6 months after major procedures
<b>Tattoo</b>	1-week wait when done in professional setting with sterile single-use equipment
<b>Travel</b>	<i>Visited or lived in any country with malaria risk - please see malaria above</i>
<b>European travel/residence</b>	you may not donate blood or platelets at this time if your visits or residence matches or exceeds the <u>total accumulated time</u> during the stated periods in the listed countries.

- **European Countries for  $\geq 5$  years (1980- present):**  
Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Republic of Ireland, Italy, Liechtenstein, Luxembourg, Macedonia, Montenegro *former Republic of Yugoslavia*, the Netherlands (Holland), Norway, Poland, Portugal (includes Azores), Romania, Serbia, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, United Kingdom.
- **Geographic Deferral for United Kingdom  $\geq 3$  months (1980-1996):** England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, and the Falkland Islands.
- **Military Travel Deferral: Total time of 6 months or more associated with a military base in:**  
From 1980 – 1990 in Belgium, Germany, the Netherlands  
From 1980 – 1996 in Spain, Portugal, Turkey, Italy and/or Greece

**You may not donate blood if you:** tested positive for or have HIV/AIDS, or participated in events known to increase exposure to the HIV/AIDS virus; tested positive for viral hepatitis at any time or had viral hepatitis after your 11th birthday; have Auto Immune Disease; or had/have Hodgkin's Disease, Leukemia, Lymphoma or a Melanoma.

**For more specific information about your eligibility to donate blood,  
please call our donor advocate at (571) 434-3628.**

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