

Blood Donor Guidelines: Thank you for wanting to donate blood. Please read the requirements below to ensure you are ready to donate. Your donation can save up to 3 lives!

- ❖ **EAT A GOOD BREAKFAST AND DRINK PLENTY OF JUICE/WATER THE MORNING OF THE BLOOD DRIVE. MAKE SURE YOU EAT A HEALTHY LUNCH TOO.**
- ❖ Donors please provide personal identification. IDs must be issued by state (DL or ID), school or US government (passport, military ID, resident alien ID, green card or work visa). WE CAN USE SCHOOL ID BUT DRIVERS LICENSE IS BEST.
- ❖ Age: At least 17 years of age and in good general health. There is no upper age limit.
- ❖ Weight: Minimum of 110 pounds.
- ❖ Medications: Cannot give if currently taking antibiotics for treatment. Cannot give if taking Accutane, Propecia or Proscar. Platelet donors cannot give if taking aspirin. OK to give if taking vitamins, birth control, or medicine for allergies, blood pressure, thyroid replacement, female hormones, anxiety or high cholesterol, as well as many other medications.
- ❖ Eating: **Eat a low-fat meal within 4 hours before giving.**
- ❖ Drinking: Drink lots of water or juice before and after donating. Avoid alcoholic beverages for 12 hours before and after donating.
- ❖ Shots: OK after allergy shots, influenza vaccine, hepatitis A vaccine, tetanus shot.
- ❖ Strenuous Activity: Avoid for 12 hours after donating. Individuals with a hazardous or strenuous job should donate at the end of their work shift.
- ❖ Cancer: OK to donate after curative treatment for basal cell skin cancer and squamous cell skin cancer. For most solid tumors, including those due to breast cancer, it is OK to give five years after completion of all treatment. Exceptions are noted below.
- ❖ Diabetes: OK if controlled by human or porcine insulin, oral medication or diet, and if there is no other diabetes-related kidney disease.

Temporary Disqualifications

- ❖ Cold/Flu/Don't feel well: One day symptom free. Deferred until feeling well and healthy.
- ❖ Pregnancy: OK to donate six weeks after end of pregnancy.
- ❖ Earlobe Piercing: OK to donate, if performed with a single-use device. If not, wait one year.
- ❖ Body and Ear Cartilage Piercing: OK to donate, if performed in a Texas state-licensed facility. If not, wait one year.
- ❖ Hepatitis B Vaccine: OK to give two days after vaccine.
- ❖ Tattoo: OK to donate, if performed at a licensed Texas facility, otherwise wait one year from date of procedure.
- ❖ Last Blood Donation: Eight weeks between whole blood donations. Three days between platelet donations up to 24 times per year. Sixteen weeks between automated double red cell donations.
- ❖ Blood Transfusion or Tissue Transplant: None in the past year.
- ❖ Malaria: One year following travel to malarial area as defined by the Centers for Disease Control and Prevention (CDC). OK to donate three years after malaria is cured.

Permanent Disqualifications

- ❖ AIDS/HIV infection or certain risk factors.
- ❖ History of heart attack.
- ❖ History of illicit drug use, including steroids, using a needle.
- ❖ Human growth hormone injections (pituitary derived).
- ❖ Viral hepatitis at age 11 or older.
- ❖ Lymphoma, leukemia, or melanoma.
- ❖ Diabetic who ever took bovine (beef) insulin injections.
- ❖ More than three months spent (cumulative) in the United Kingdom between 1980 and 1996.
- ❖ More than five years spent (cumulative) in Europe from 1980 to the present.
- ❖ If the donor was a member of the U.S. military, a civilian military employee, or a dependent of a member of the U.S. 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 between 1980 through 1990 or in Spain, Portugal, Turkey, Italy or Greece between 1980 – 1996.
- ❖ Recipients of blood transfusions in the U.K. since 1980.