

Common Concerns - "Can I donate?" (revised - 02/17/06)

ID: All donors are required to provide an acceptable form of ID to be eligible to donate blood. The preferred forms are: The New Red Cross Donor card with bar coding imprinted, a valid driver's license or government issued picture ID.



Infections/Colds: Not if you have any active infection such as a cold or the flu.



Medications: Most medications are okay. It is the illness for which the medication is given that could be a problem. Antibiotics are acceptable when the full course of the medication is complete and you are symptom free.

Dental Work: Not if you have an abscess, or infection. If you have had oral surgery, you must wait three days before donating.



Immunization: Most immunizations have no waiting period, except for the following:

- ◆ **Hepatitis B:** 7-day deferral from date of injection if there is no hepatitis exposure.
- ◆ **Rubeola (red measles), mumps, oral typhoid, yellow fever, and Sabin polio (oral):** you can donate 2 weeks after the vaccination.
- ◆ **German measles, MMR (measles, mumps & rubella) & Chicken pox vaccine:** you can donate 4 weeks after vaccination.
- ◆ **Routine Military Vaccinations and Smallpox vaccine:** Acceptable after 8 weeks (unless specific vaccinations are known).

Surgery: As a donor, you're usually accepted after your stitches or staples are removed and the wound has healed and you've returned to normal activities, unless you have received a blood transfusion.



High Blood Pressure: You can donate if it is controlled. We will check your blood pressure before you donate to make sure you're eligible.

Cancer: Most types of cancer have a waiting period of five years after your treatment (including chemotherapy) is concluded. Skin cancer (Basal & Squamous Cell) is acceptable after treatment is complete.

Piercing: It's okay to donate if your ear piercing, body piercing, electrolysis or acupuncture was done with sterile needles that have not been dipped in a numbing solution.



Tattoo: There's a 12-month waiting period after getting a tattoo.



Diabetes: Eligible to donate if blood sugar is controlled with diet, oral medication, or most insulin.

Heart Disease: Many cardiac conditions are acceptable even those requiring medication, 6 months after diagnosis or treatment, provided there are no symptoms. Chest pain or physical restrictions will prohibit you from donating.



Malaria: If you have lived in a malarial country for five years or more, you are deferred for three years from the date you left the area. If you have traveled to a malarial area, please ask the nurse for specific destinations.

Travel - "Mad Cow"/vCJD: Criteria has recently changed. You can donate if you have spent less than a cumulative time of:

- ◆ 5 years (used to be 6 months) in Europe and eastern Europe beginning January 1, 1980 to present.
- ◆ 3 months in the United Kingdom from January 1, 1980 through December 31, 1996 – Travel after 12/31/96 to the UK is okay.
- ◆ 6 months as a member of the US military, on or associated with a military base in any of the following areas during the specified time frames:
 - ◆ From 1980 through 1990 – Belgium, the Netherlands (Holland) or Germany.
 - ◆ From 1980 through 1996 – Spain, Portugal, Turkey, Italy or Greece.

Donors who have been permanently deferred in the past for European travel have not been re-entered into the "eligibility category." Please check periodically with your donor representative to determine eligibility.

Pregnancy: You are ineligible during pregnancy. You may donate 6 weeks after delivery. Nursing mothers may also donate 6 weeks after delivery.



Viral Hepatitis: If you have been diagnosed with Hepatitis B or C you are ineligible to be a blood donor. If you have had Hepatitis A, please talk to nurse about eligibility.

If you have any other questions please call (313) 494-2779