

Basic Requirements

- Be in generally good health and feel well
- Be at least 17 years of age -- no upper age limit
- Weigh at least 110 pounds
- Automated collection donations may have additional requirements

Donation Frequency

- Whole blood donors may donate every 56 days
- Platelet donors may donate every 48 hours (up to 24 times per year)
- Plasma donors may donate every 4 weeks
- Double red cell apheresis donors may donate every 112 days

Immunizations

- Flu, Pneumonia, Tetanus, Diphtheria, Hepatitis B
-- can donate if feeling healthy and well
- Polio (oral), MMR (Measles, Mumps, Rubella)-- 4 week wait
- Please check with us regarding other immunizations.

Medications

- Accutane -- 4 week wait after last dose
- Antibiotics -- cannot donate if taking for an infection; okay if taking for prevention or maintenance
- Aspirin-containing products, Feldene and Lodine XL --
Platelet donors only: 48 hour wait after last dose
- Avodart -- 6 month wait after last dose
- Insulin from cows (bovine/beef) -- cannot donate if ever taken
- Plavix -- Platelet donors only: 5 day wait after last dose
- Propecia -- 4 week wait after last dose
- Proscar -- 4 week wait after last dose
- Soriatane (Acitretin) -- 3 year wait after last dose
- Tegison -- cannot donate if ever taken
- Ticlid -- Platelet donors only: 14 day wait after last dose

All Other Medications:

- You may be able to donate depending on the reason that you are taking the drug.

Donor Requirements

Medical Requirements

Allergies

can donate if no infection present

Asthma

can donate if no symptoms

Body/Ear Piercing/Acupuncture

can donate if done with a sterile, single use, needle
or piercing gun, otherwise, 1 year wait

Cancer

Basal Cell, Squamous Cell Skin Cancers, and Keratosis -- can donate
Melanoma, Malignant Tumors -- 1 year wait
after last treatment and considered resolved

Colds, Fever, Flu, Sore Throat, Cough

wait until feeling healthy and well

Cold Sore, Fever Blister

wait until gone

Dental work

routine work - wait until next day; root canal/tooth extraction - 3 day wait

Diabetes

can donate if stable

Heart Attack

1 year wait

Heart Surgery

Coronary Artery Bypass Surgery (CABG);

Angioplasty

6 month wait

Hemochromatosis

cannot donate

Hepatitis or undiagnosed jaundice after age 10

cannot donate

Herpes (genital)

wait until lesions are gone

Major/Minor Surgery

wait until healed

Pregnant/Abortion/Miscarriage

6 week wait

Stroke

12 month wait

Tattoo

1 year wait; no wait for cosmetic tattoo done in a physician's office

Donor Requirements

Travel Restrictions

Malaria Area

1 year wait if spent up to 5 years in a malaria area; 3 year wait if spent 5 consecutive years or more in a malaria area. See the Frequently Traveled Areas list on next page.

England

cannot donate if spent time that adds up to 3 months or more in the U.K. from 1980-1996 (England, N. Ireland, Scotland, Wales, Isle of Man, Channel Islands, Gibraltar, Falkland Islands)

Europe

cannot donate if spent time that adds up to 5 years or more in European countries since 1980 (including time in the U.K. during 1980-1996)

Iraq

1 year wait after leaving

Military

cannot donate if spent 6 months or more in military bases in northern Europe 1980-1990 or Southern Europe 1980-1996

SARS affected area

14 day wait after returning to the United States

Individuals at risk for AIDS (HIV)

Do not donate blood if you have ever tested positive for HIV or if you:

Have ever used needles to take drugs, steroids,
or anything not prescribed by your doctor.

Are a male who has had sexual contact with another male, even once, since 1977.

Have ever taken money, drugs, or other payment for sex since 1977.

Have had sexual contact in the past 12 months with anyone described above.

Donor Requirements

Frequently Traveled Areas

This list is not complete. Please ask us about other travel outside of the U.S. and Canada.

OK to Donate

Mexico

Acapulco

Baja

Cancun only

Cozumel

Guadalajara

Isla Blanca

Isla Contoy

Isla Mujeres

Manzanillo

Mazatlan

Mexico City

Puerto Vallarta

(Nuevo Vallarta just north of Puerto

Vallarta is NOT OK)

Zamora

Costa Rica

Cartago in Cartago Province

Golfito in Puntarenas

Limon City in Puerto Limon

Monteverde in Puntarenas

Playa Hermosa in Puntarenas

Quepos in Puntarenas

San Jose

China

Cities and popular tourist areas,
including Yangtze River cruise.

Not OK to Donate 1 year wait after visit

Mexico

Huatulco

Ixtapa

Playa del Carmen

Zihuatanejo

Nuevo Vallarta

Cities, towns and rural areas of the states
of: Nayarit

Tulum Costa Maya

Costa Rica

Arenal Volcano in Guanacaste &

Alajuela Province

Heredia in Heredia Province

Orosi Volcano in Guanacaste

China

Please ask us about all other
areas in China.

Donor Requirements