



## Blood Donor Qualifications

Donors have told us they would like to get through the donation process faster. We are committed to respecting your time while ensuring a safe blood supply for the patients in your community. We're working on new systems and processes to help speed things up; here's how you can help:

1. Bring **personal identification**. We prefer ID that has your picture and full name. Some acceptable forms of ID include: driver's license, work or school ID (with picture and full name), or passport. Bringing along your Blood Donor Card will help get you through the registration process quickly. If you don't have one, please ask our staff to order one for you.
2. Bring a list of all countries (and cities/areas) you have visited (with dates) in the past 12 months and do the same for all European countries you've visited since 1980.
3. Wear a top with loose-fitting sleeves (preferably short sleeves) so that we can check your blood pressure and locate the best vein to use to collect your blood.
4. Make an appointment. We make every attempt to take donors with appointments before walk-ins. To schedule your lifesaving appointment, visit our website.

<b>Basic Qualifications</b>	<p><b>Age:</b> 16 or older for whole blood or apheresis donations (parental permission is required for all 16-year-old donors and 17-year-old donors.)</p> <p><b>Weight:</b> At least 110 pounds (50 kg) There are some weight and height restrictions for <b>donors younger than 23</b>. See chart below.</p> <p><b>Waiting period between donations:</b><sup>1</sup></p> <ul style="list-style-type: none"> <li>▪ Whole blood or red cell/plasma donations: 56 days (up to 6x/12 months)</li> <li>▪ Plasma donations: 28 days</li> <li>▪ Double red cell donations: 112 days (up to 3x/12 months)</li> <li>▪ Platelet donations: 7 days (up to 24x/12 months)</li> </ul> <p><sup>1</sup>If you have any questions about the number of donations you can make in a 12-month period, please talk with our staff.</p>
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Height/Weight Restrictions for Donors Age 16-22 Eligibility is Based on Estimated Total Blood Volume								
<b>Males</b> between 16 and 22: You must be at least 5' tall and weigh at least 110 pounds.								
<b>Females</b> between 16 and 22: If you weigh at least 110 but are shorter than 5'6", please refer to this chart. <sup>2</sup>								
<b>Females who are:</b>	≥ 4'10"	≥ 4'11"	≥ 5'	≥ 5'1"	≥ 5'2"	≥ 5'3"	≥ 5'4"	≥ 5'5"
<b>Must weigh:</b>	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115

<sup>2</sup>Shorter people must weigh more to achieve a 3500 mL blood volume.

**Please see page 2 for additional qualifications, our medications list, and other important information.**

**Thanks for finding the hero in you!  
Together we can make your donation safe, fun, and as quick as possible.**

<b>We Ask You Not to Donate if You:</b>	<ul style="list-style-type: none"> <li>▪ Have <b>cold or flu</b> symptoms or do not feel well on the day of donation.</li> <li>▪ Have lived with a person with clinical <b>hepatitis B or hepatitis C</b>.</li> <li>▪ Have a history of cancer in the past year (except some skin or in situ cancers).</li> <li>▪ Had a blood <b>transfusion</b>, ear/skin <b>piercing</b>, accidental <b>needle stick</b>, or come in contact with someone else's blood in the past 12 months. (Ear/skin piercing procedures may be acceptable depending on the technique used.)</li> <li>▪ Had <b>malaria</b> in the past or <b>traveled to a malarial risk area</b> in the past 12 months.</li> <li>▪ Are or have been <b>pregnant</b> in the past 6 weeks.</li> <li>▪ Have been treated for <b>syphilis</b> or <b>gonorrhea</b> in the past 12 months.</li> <li>▪ Have <b>used a needle</b> to inject drugs not prescribed for you (including steroids).</li> <li>▪ Are at risk for <b>exposure to HIV</b>, the virus that causes AIDS.</li> </ul> <p>Tattoos may be acceptable if done at a regulated business in an approved state. Contact your local center for a list of approved states.</p>
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**If you take medication**, you probably are eligible to donate. Here is a list of medications that may keep you from donating for a period of time.

Medication	Waiting Time
Anticoagulants: <ul style="list-style-type: none"> <li>▪ Apixaban (Eliquis)</li> <li>▪ Dalteparin (Fragmin)</li> <li>▪ Enoxaparin (Lovenox)</li> <li>▪ Dabigatran (Pradaxa)</li> <li>▪ Edoxaban (Savaysa)</li> <li>▪ Rivaroxaban (Xarelto)</li> </ul>	Two days since last dose
<ul style="list-style-type: none"> <li>▪ Warfarin (Coumadin, Jantoven, Warfilone)</li> <li>▪ Heparin</li> <li>▪ Fondaparinux (Arixtra)</li> </ul>	Seven days since last dose
Isotretinoin (Absorica, Accutane, Amnesteem, Claravis, Myorisan, Sotret, Zenatane) Finasteride (Proscar, Propecia)	One month since last dose
Dutasteride (Avodart, Jalyn)	Six months since last dose
Vismodegib (Erivedge)	Seven months since last dose
Teriflunomide (Aubagio)	2 years since last dose
Blood transfusion, unlicensed vaccine, or hepatitis B immune globulin injection given to treat an exposure to hepatitis B (this is not hepatitis B vaccine)	One year since last dose
Acitretin (Soriatane)	Three years since last dose
Tegison, etretinate, growth hormone from human pituitary glands, bovine or beef insulin – if manufactured since 1980 in the United Kingdom, clotting factor concentrates	May not donate blood