

# Donor Qualification Guide

## **Purpose:**

This guide is intended to assist in pre-screening prospective blood donors and provides general guidelines. It is not intended for use to qualify a donor prior to donation.

Please visit the Versiti website at: [www.versiti.org](http://www.versiti.org) for information.

## **General, Weight, Age:**

You must be in good health and feeling well. Weight must be 110 pounds\* or more. Upper weight limit will vary depending on donation location.

You must be at least 17 years of age. 16-year-olds are eligible provided a parent/guardian signed the consent, giving approval to donate. There is no upper age limit.

Donors age 16 to 18 have additional requirements for height and weight. See below. Check with Donor Services staff for height/weight outside the ranges listed.

MALES Age 16-18						
If you are	4' 10"	4' 11"		5' or taller		
You must weigh at least	120lbs.	115lbs.		110lbs.*		
FEMALES Age 16-18						
If you are	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6" or taller
You must weigh at least	133lbs.	129lbs.	124lbs.	120lbs.	115lbs.	110lbs.*

\*Versiti Michigan acceptable minimum weight is 112lbs

## **Diet:**

It is recommended to eat something within the four hours preceding the donation and to be well hydrated. Please drink some water prior to your donation if you are not well hydrated.

## **Interval Between Blood Donations:**

Waiting periods: 16 weeks after double red cell apheresis for any type of donation; 8 weeks after whole blood or single apheresis red cell; 28 days after plasma; and 7 days after platelets.

## **Allergy, Asthma:**

Acceptable if under control, no acute symptoms on the day of donation.

## **Antibiotics:**

For most infections, wait until infection is resolved and off antibiotics for 2 days. Some infections have a longer wait period. Please see a Donor Services staff member for eligibility.

## **Medications:**

Donors taking medications may be deferred from blood donation due to their underlying medical condition or unacceptability of the medication. Refer to Donor Services staff for acceptability. Medications for high cholesterol, blood pressure and allergies, replacement hormones (estrogens, thyroid hormones, etc.) and most anti-inflammatory drugs are acceptable.

## **Cold or Flu:**

Ok if no fever/diarrhea in past 24 hours and you feel well.

## **Ear-Body Piercing:**

Wait 3 months after procedure if sterile, single use equipment was not used. No waiting if sterile, single use equipment used.

## **Tattoo/touch up/permanent makeup:**

Wait 3 months if not performed in a regulated facility. Ask Donor Services staff member if you are unsure if the facility was regulated.

## **Diabetes:**

Acceptable if controlled.

## **High Blood Pressure:**

May donate provided blood pressure is within acceptable range at time of donation.

## **Heart Disease:**

Acceptable if the donor passes current pulse and BP check, and within the past 6 months:

- Has not experienced symptoms of chest pain, syncope, shortness of breath, etc.
- Has not used oxygen therapy
- Has good activity tolerance (e.g. upon increased heart rate, does not experience excessive shortness of breath)

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## **Stroke:**

Acceptable 3 months after stroke if stable with no recurring symptoms, has minimal to no permanent residual effects, and treating physician is aware and accepting of donor donating blood.

## **Cancer (malignancy):**

- Leukemia, lymphoma, myeloproliferative disorders: permanent deferral.  
Exception: childhood leukemia (onset at age 18 or younger) is acceptable if successfully treated without relapse for at least 5 years.
- Basal cell, basal cell in-situ, squamous cell skin in-situ, or cervical in-situ cancers are acceptable if treated.
- Other cancers: Acceptable 1 year after last treatment and cancer free.

## **Immunizations and Vaccinations:**

Variable waiting period depending upon vaccine. Call or refer to Donor Services staff.

## **Pregnancy:**

6 week waiting period after delivery.

## **Hepatitis:**

Do not donate if you have a history of hepatitis B or C. Sharing the same household or sexual contact with a person suffering from hepatitis B or C is a 12-month waiting period.

## **Surgery/Hospitalization:**

- Acceptable if hospitalization duration is less than 24 hours.
- Wait 3 months if hospitalization duration is more than 24 hours.
- Please see a Donor Services staff member for eligibility.

## **Dental Surgery:**

Acceptable 7 days after procedure. If surgery involved the bone, acceptable one month after procedure.

## **Endoscopy:**

Please see a Donor Services staff member for eligibility.

## **Transfusion/Transplant/Graft:**

Wait 3 months if the source was from another person.

## **Travel Outside U.S. or Canada (Malarial Risk):**

Without prior residency in another country, return from travel to a malarial-risk area is a 3-month waiting period. Additional rules may apply. See Donor Services Staff member for more details.

## **Residence in/Travel to the United Kingdom (risk for variant Creutzfeldt-Jakob Disease [vCJD]):**

A cumulative 3 months or more between 1980 and 1996 in the United Kingdom (England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, or the Falkland Islands) is a permanent deferral.

## **Residence in/Travel to France or Ireland (risk for vCJD):**

A cumulative 5 years or more in France and/or Ireland from 1980 through 2001 is a permanent deferral.

## **Blood transfusion in UK, France or Ireland (risk for vCJD):**

Transfusion of blood in France, Ireland or United Kingdom (England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, or the Falkland Islands) since 1980 is reason for permanent deferral.

## **Other Possible Disqualifications:**

- Persons at risk for HIV (AIDS) or other transfusion-transmissible diseases due to risk behavior is a 3 month wait from most recent occurrence: prostitutes, past/current intravenous drug users or individuals who injected drugs not prescribed by a physician (steroids, etc.), sexual partners of someone at risk for HIV, men who had sex with another man or persons with history of sexually transmitted disease.
- Positive test result for HIV, hepatitis B, hepatitis C, or syphilis is an indefinite deferral.