

DONOR ELIGIBILITY

RECRUITMENT GUIDELINES

Donor eligibility must be determined on the day of donation by the individual conducting the review of the donor's medical history. This information is provided as a general guideline for donor recruiters and blood drive coordinators regarding the donor eligibility requirements of LifeSource.

Most people are medically eligible to donate blood. However, there are a few exceptions. Below is a list of common deferrals. **With specific questions, contact the Medical Help Desk at 800.310.9556 or ask the Medical Interviewer.**

MINIMUM REQUIREMENTS

To donate whole blood:

- Donors must be at least 18 years of age (16 or 17 years of age with signed LifeSource parental consent form).
- Donors must weigh at least 110 pounds.
- Donors must be in general good health.

To donate double red blood cells:

- Males must weigh at least 130 pounds and be at least 5'1" tall.
- Females must weigh at least 150 pounds and be at least 5'5" tall.

Donation Interval:

- There must be at least 56 days between whole blood donations.
- There must be at least 112 days between double red blood cell donations.
- Platelet donors can donate every seven days and up to 24 times a year.
- Plasma donors are eligible to donate every 29 days.

Donor must pass a mini-physical:

- Hemoglobin, blood pressure, pulse and temperature.

CONDITIONS FOR DEFERRAL

A donor is not suitable to donate if he/she:

- Is currently taking antibiotics for an infection.
- Has received blood or blood products in the last 12 months.
- Immigrated from an area at risk for malaria within the past three years
- Has experienced symptoms of malaria within the past three years.
- Has been pregnant within the past six weeks.
- Received a tattoo within the past 12 months in a state without regulated tattoo facilities (no deferral if received in regulated state).
- Has ever treated his/her diabetes with bovine insulin (diabetes is acceptable if under control).

The following vaccines are acceptable as long as the donor doesn't have symptoms from the vaccination:

- Anthrax
- Cholera
- Diphtheria
- DPT
- HPV (e.g. Gardasil)
- Influenza
- Meningitis
- Tetanus Toxoid
- Whooping Cough
- Pneumovax (pneumonia)

DONOR ELIGIBILITY

RECRUITMENT GUIDELINES (continued)

CONDITIONS FOR MEDICATION

A donor is not suitable to donate if the following have been:

Taken within the past four weeks:

- Accutane (isotretinoin)
- Proscar (finasteride)
- Propecia (finasteride)

Taken within the past six months:

- Avodart (dutasteride)
- Isoniazid (INH)

Taken within the past three years:

- Soriatane (acitretin)

Ever taken or received:

- Insulin from cows (bovine insulin)
- Factor concentrates
- Human Pituitary-Derived Growth Hormone (prior to 1986)
- Tegison (etretinate)
- Anabolic steroid (injected) without a prescription

Please Note:

- A donor is not suitable to donate if currently taking experimental or investigational drugs or vaccines not approved by the FDA.
- Donors taking aspirin have no waiting period for whole blood donation.
- Timeframes for suitability exist for anti-coagulant and anti-platelet medications. Please let the staff know if you are on these medications.

CONDITIONS FOR TRAVEL

A donor is not suitable to donate if he/she has traveled to or lived in an area at risk for malaria within the last 12 months*:

- Costa Rica
- Haiti
- Labadee
- Dominican Republic
- Korea
- India
- China – refer to Medical Help Desk

A donor is not suitable to donate if he/she has spent a total time that adds up to:

- Three months or more from Jan. 1, 1980, through Dec. 31, 1996, in the United Kingdom (England, Scotland, Wales, Northern Ireland, Isle of Man, Channel Islands, Gibraltar, or Falkland Islands).
- Five years or more in Europe since Jan. 1, 1980.

***Travel restrictions are constantly changing.**

For a complete list of areas or for questions on specific areas, contact the Medical Help Desk at **800.310.9556**.

Please bring ID with you on the day of the blood drive. Proper ID is required to donate blood. A LifeSource or military ID, driver's license, or passport or employee or student ID with picture and full name are all approved forms of ID. Birth certificate along with a picture ID that includes the donor's full name will also be accepted.