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

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.