

BLOOD DONOR ELIGIBILITY REQUIREMENTS

Most healthy people can donate blood. In about one hour, donors complete a short medical history; receive a mini-physical where temperature, blood pressure and iron level are measured; recline comfortably for 5-10 minutes while donating; and enjoy refreshments before leaving. Only disposable, single-use, sterile products are used to collect blood. *You cannot get AIDS by donating blood.*

Please eat a nutritious meal and drink extra fluids within 4 hours of donating.

DONOR ELIGIBILITY REQUIREMENTS

Age	16 years of age- must present Inova Blood Donor Services Consent Form signed by a parent or legal guardian 17 years of age may donate without consent - no upper age limit
Health	Generally in good health; you must be well on the day of donation
Weight	110 pounds minimum
Identification	Photo ID (<i>such as driver's license</i>) must be presented
To give whole blood	Wait 56 days after a whole blood donation, 14 days after a platelet donation, or 112 days after a double red cell donation
To give platelets	Wait 14 days after a whole blood or platelet donation or 112 days after a double red cell donation

CONDITIONS AND TREATMENTS-SOME MAY REQUIRE TEMPORARY WAITS BEFORE YOU MAY DONATE

Antibiotic Therapy	No wait after last dose and must be well on the day of donation
Asthma	No wait if symptom-free at time of donation (<i>medication controlled okay</i>)
Blood Pressure	No wait if blood pressure is less than or equal to 180/100 (<i>medication controlled okay</i>)
Cancer	Basal cell & Squamous cell skin or cervical in-situ if excised and healed Most non-blood cancers – 1 year wait after completion of treatment with no recurrence, must be symptom-free and released from doctor's care
Dental Care	24 hour wait after routine procedures- <i>cleanings, fillings</i> ; 72 hour wait after root canal or surgery
Diabetes	No wait when controlled by diet or medication
Heart Attack History	1 year wait after heart attack – must have been medically evaluated and treated; Must currently be without any symptoms, limitations or restrictions in normal daily activities and not on medications for heart disease other than aspirin and blood pressure medications
Immunizations (shots)	Allergy or flu vaccines are acceptable with no wait period if symptom-free; Hepatitis B Vaccine- 14 day wait; others 24 hour to 4 week waits
Malarial Area Travel	1 year wait (<i>symptom-free</i>) after return from visiting malarial endemic area or 3 year wait (<i>symptom-free</i>) after having lived in a malaria endemic area
Piercing (ear/body)	No wait when done in a professional setting with sterile single-use equipment 1 year wait after accidental needle stick or any other non-sterile skin penetration
Pregnancy	6 weeks wait after vaginal delivery; 6 month wait after C-section
Seizures	6 month wait after last seizure occurrence (<i>medication controlled okay</i>)
Surgery	2 to 12 week waits after minor procedures; 6 months after major procedures
Tattoo /Permanent Make Up	No wait when done in a professional setting using sterile single-use equipment in a state-regulated facility and the tattoo site has healed properly. 1 year wait when done in DC, North Dakota, New Mexico and outside the United States.
Travel	<i>Visited or lived in any country with malaria risk - please see malaria above</i>
European travel/residence	You may not donate blood or platelets at this time if your visits or residence matches or exceeds the <u>total accumulated time</u> during the stated periods in the listed countries.

- **From 1980 to the present if you spent time that adds up to 5 years or more in the following European countries:** Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Republic of Ireland, Italy, Liechtenstein, Luxembourg, Macedonia, Montenegro *former Republic of Yugoslavia*, the Netherlands (Holland), Norway, Poland, Portugal (includes Azores), Romania, Serbia, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, United Kingdom.
- **From 1980 through 1996 if you spent time that adds up to 3 months or more in the United Kingdom:** England, Northern Ireland, Scotland, Wales, the Isle of Mann, the Channel Islands, Gibraltar, and the Falkland Islands.
- **Military Travel Deferral: Total time of 6 months or more associated with a military base in:**
From 1980 – 1990 in Belgium, Germany, the Netherlands
From 1980 – 1996 in Spain, Portugal, Turkey, Italy and/or Greece

You may not donate blood if you: tested positive for or have HIV/AIDS, or participated in events known to increase exposure to the HIV/AIDS virus; tested positive for viral hepatitis at any time or had viral hepatitis after your 11th birthday; have Auto Immune Disease; or had/have Hodgkin's Disease, Leukemia, Lymphoma or Metastatic Melanoma (Melanoma-in-situ acceptable).

**For more specific information about your eligibility to donate blood,
please call our Donor Advocate at 571-434-3628.**

REV 03-2011