

Blood Donation Medical Guidelines



Basic Requirements for Blood Donation

- Must be at least 18 years of age or 16 or 17 with written parental or guardian consent.
- Weigh at least 110 pounds; if greater than 350 pounds, please call Bonfils' Appointment Center at 303.363.2300 or 800.365.0006, opt. 2.
- Please drink plenty of fluids throughout the day and eat a healthy low-fat meal four hours prior to your donation.
- Be in good general health.
- The donation interval after a whole blood donation is 56 days. Please contact Bonfils Blood Center for the specific interval for other blood product donations.
- Please call Bonfils' Donor Relations department at 303.363.2202 or 800.365.0006, opt. 1 for complete information on donor eligibility. For general information call Bonfils' 24-hour information lines at 303.366.2000 or 800.365.0006.

Health Conditions

- **Ambulatory Aid:** For their own safety, donors using any type of temporary ambulatory aids including crutches, canes or other walking aids for a recent injury cannot donate until no longer requiring this assistance. Donors using permanent ambulatory aid may be pre-approved to donate by contacting Bonfils' Donor Relations department at 303.363.2202 or 800.365.0006, opt. 1. Unfortunately, mobile bus programs are unable to accommodate those with walking aides.
- **Breastfeeding:** Female donors that are breastfeeding are eligible to donate.
- **Cancer:** Donor is eligible with a history of basal cell or squamous cell skin cancer or carcinoma in situ (type/size). All other forms of cancer will be assessed at time of donation. Lymphoma and leukemia are currently permanent deferrals.
- **Colds:** Donors are not eligible if they are not feeling well and healthy the day of donation.
- **Diabetes:** Donors with diabetes (type I or II) are eligible to donate. Diabetics who ever used bovine insulin manufactured in the United Kingdom are deferred.
- **Heart Disease:** Donors with a history of heart disease or heart attacks may be eligible to donate provided six months have elapsed from the incident and approval has been obtained from your physician. For additional details, contact Donor Relations department at 303.363.2202 or 800.365.0006, opt. 1 for eligibility requirements.
- **Hemochromatosis/Polycythemia:** Donors diagnosed with hereditary hemochromatosis or polycythemia are asked to contact Bonfils' Donor Relations department at 303.363.2202 or 800.365.0006, opt. 1 to learn more about donation options.

Hepatitis/Hepatitis Exposure:

- Donor is deferred with a history of hepatitis at age 11 or older
- Donor is deferred for 12 months following hepatitis A, B or C exposure
- Hepatitis secondary to a disease process is acceptable
- **High Blood Pressure:** Donors with high blood pressure are eligible to donate if their blood pressure is within an acceptable range when taken on the day of donation, regardless of medication.
- **Malaria:** Donor is eligible if symptom free for three years.
- **Pregnant:** Pregnant donors are not eligible to donate.
- **Transfusion:** Donor is deferred for 12 months after a transfusion of blood or blood products.

HIV/AIDS

Individuals who have had a positive test for HIV/AIDS or who are at risk for contracting HIV/AIDS are permanently deferred from donating blood. Risk factors include:

- Use of illegal, street drugs or steroids not prescribed by a doctor, even once
- Ongoing treatment with clotting factor concentrates for hemophilia or similar blood clotting disorders
- Taking money or drugs for sex since 1977
- Male to male sexual contact, even once, since 1977

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The following risk factors represent a 12-month deferral for the donor from the date of occurrence:

- Intimate/sexual contact with any person in the above categories
- Accidental contact with another person's blood/body fluid or an accidental needle stick
- Sexual assault/rape
- Incarceration for more than 72 consecutive hours

Medications

When the drugs listed in this section are taken for a specific medical condition, donors should not discontinue taking drugs prescribed or recommended by their physicians in order to be eligible to donate. If you are currently using or have ever used, any of the following medications, please contact Bonfils' Donor Relations department at 303.363.2202 or 800.365.0006, opt. 1 to determine your eligibility.

- **Accutane**® (Amnesteem, Claravis, Sotret, isotretinoin) – usually given for severe acne
- **Antibiotics** – given for an active infection
Note: Antibiotics given for prophylactic use are acceptable.
- **Avodart**® (dutasteride) – usually given for prostate enlargement
- **Coumadin** (warfarin, Warfilone) – usually given for blood clots in the legs, heart or lungs
- **Growth Hormone from Human Pituitary Glands** – used only until 1985, usually for children with delayed or impaired growth
- **Hepatitis B Immune Globulin** – given following an exposure to hepatitis B
Note: This is different from the hepatitis B vaccine which is a series of three injections given over a six-month period to prevent future infection from exposures to hepatitis.
- **Jalyn** (dutasteride/tamsulosin) – usually given for prostate enlargement
- **Propecia**® (finasteride) – usually given for baldness
- **Proscar**® (finasteride) – usually given for prostate gland enlargement
- **Soriatane**® (acitretin) – usually given for severe psoriasis
- **Tegison**® (etretinate) – usually given for severe psoriasis

Other Lifestyle Factors

- **Tattoos/Permanent Make-up:** Donor is eligible if tattooing/ make-up application is performed in a physician's office using single use equipment. Otherwise, donor is deferred for 12 months.
- **Ear/Body Piercing:** Donor is eligible if piercing was performed using single use equipment. Otherwise, donor is deferred for 12 months.
Note: Piercing done at Claire's stores and similar establishments are acceptable.

Travel

- Donor is deferred for 12 months after travel to a malarial-endemic area.
- Donor is deferred for three years after departure from a malarial-endemic area if he/she is an immigrant, refugee, citizen or resident of the area. Residents are defined as having lived in an area for more than five years.

vCJD Variant Creutzfeld-Jakob Disease (human form of mad cow disease)

- Donor is deferred for travel/residence of three months or more in the United Kingdom from 1980-1996.
- Blood donor tests may not be available for some contagious diseases that are found only in certain countries. If you were born in, lived in or visited certain countries, you may not be eligible to donate.

Countries in United Kingdom:

- Channel Island
- England
- Falkland Islands
- Gibraltar
- Isle of Man
- Northern Ireland
- Scotland
- Wales

European Countries:

- Albania
- Austria
- Belgium
- Bosnia-Herzegovina
- Bulgaria
- Croatia
- Czech Republic
- Denmark
- Finland
- France
- Germany
- Greece
- Hungary
- Republic of Ireland
- Italy
- Liechtenstein
- Luxembourg
- Macedonia
- Netherlands (Holland)
- Norway
- Poland
- Portugal
- Romania
- Slovak Republic
- Slovenia
- Spain
- Sweden
- Switzerland
- Turkey
- United Kingdom
- Federal Republic of Yugoslavia

- Extended periods of time in Europe may be a reason for deferral, however donors should speak with a Bonfils representative before they decide not to donate blood. Each case will be assessed at the time of donation or by calling Bonfils' Donor Relations department at 303.363.2202 or 800.365.0006, opt. 1.