

Who May and Who May Not Donate Blood?

In order to reduce the chances of being deferred, or rejected as a blood donor; here are some guidelines that may be helpful to you, the Homologous Blood Donor:

GENERAL GUIDELINES

- Age: 18-60. 17 years is written parental consent. Persons over 60 years may be accepted only after consultation with the Blood Donor Room Staff.
- Weight: 110 lbs or greater. Persons weighting less than this, must make pre-arranged appointments.
- Medication: Persons on prescribed Medication will be accepted three days after completion of the course. Vitamin supplements and oral contraceptives are acceptable.

Here are some further reasons for deferral or rejection:

SPECIFIC GUIDELINES

- Deferrals: Flu, cold, sore throat - up to 1 week, after becoming symptom free.
- Recent surgery: Major – 12 months
Minor – Discretionary
- Receipt of blood transfusion: 12 months
- Abortion: Spontaneous – 6 weeks depending on the reason for the abortion, if known.
- Pregnancy: 12 months with normal pregnancy and delivery.



Puncture wounds: Persons who have been tattooed, under electrolysis, or had their ears pierced – 12 months.

Persons who are aware that they are infected with HIV, or have AIDS

Men or Women who have several sexual partners, whether or not they have been paid or pay for these encounters

- Hepatitis B
- Hepatitis C
- Jaundice
- Heart disease
- Hypertension
- Renal Disease
- Malignancy
- Epilepsy
- Diabetes Mellitus (not controlled by diet only)
- Persons on Chronic Transfusion Regimes; (e.g. hemophiliacs)
- Intravenous Drug Abusers
- Persons whose lifestyles are considered to be of such nature that they are thought to be at risk of being exposed to the Human Immuno-deficiency virus, i.e. Men who have had even one sexual contact with another man since 1977.
- Women who are Sexual Partners with Bisexual Men;
- Blood disease (sickle cell trait, thalasaemia trait, or G6PD deficiency (some variants) are acceptable.

