

# Blood Donor Guidelines



## Blood Donor Center

**Age:** 17 years of age and in good health. There is no upper age limit. 16 years old with parental consent.

**Weight:** Minimum of 110 lb.

**ID:** Photo ID required at donation

**Medications:** Must have completed antibiotics 3 days prior to giving blood (unless taking for acne). OK to donate if taking aspirin (except platelet donors), antihistamines, birth control pills, blood pressure medicine and vitamins.

**Eating:** Please eat within 4 hours of your donation.

**Drinking:** Drink plenty of water or juice several hours before and after your donation.

**Strenuous Activity:** Should be avoided for 12 - 24 hours after donating blood. Individuals with a hazardous or strenuous job should donate at the end of their work shift.

Flight Crews may not fly for 3 days after a donation.

**Diabetes:** OK to donate if controlled by diet or oral medication. If Insulin dependant, must be stable.

**Asthma:** Acceptable if asymptomatic and on normal medications (including bronchodilators) for control. Symptomatic asthma, or requiring oral steroids for control is not acceptable.

**Epilepsy:** Acceptable if seizure-free in the past 6 months.

**Cancer:** Cured local skin cancer (only simple basal cell or squamous cell), as well as Cervical cancer in situ is acceptable. Most other forms of cancer are acceptable 5 years after being treated and released by your primary physician.

**Mitral Valve Prolapse:** OK to donate if no arrhythmias, asymptomatic, and no limitations of activities

### Temporary Deferral

**Colds and Flu:** Must feel well and healthy on day of donation.

**Dental Surgery:** OK to donate 72 hours after a minor surgical procedure (root canal, extraction), 24 hours after a cleaning.

**Allergy Shots:** OK to donate if symptom free.

**Other Shots:** No shots for measles or mumps in the last 2 weeks; rubella in the last 4 weeks; HPV in the past 72 hours.

**Small Pox:** OK to donate 3 months after vaccination or contact with someone who has, and no complications.

**Accidental Needle Sticks:** None in the past year.

**Pregnancy:** OK to donate 6 weeks after a routine delivery, C-section or termination.

**Acupuncture:** OK to donate after 2 weeks and only if performed with sterile disposable needles in a doctor's office.

**Blood Donation:** You may donate blood every 56 days.

**Tattoo/Skin Branding/Permanent Make-up:** None in the past year.

**Blood Transfusions:** None in the past year, including your own.

**Ear and Body Piercing:** Acceptable after 2 weeks and only if sterile, single use needle or equipment was used. 12 month deferral if other method was used.

**Travel to a malaria zone** is a 12-month deferral from date of departure from the endemic area.

**Malaria:** If you lived in an endemic area for more than a year, you must wait at least 3 years after you left that area before donating.

**Medications:** Acutane, Proscar and Propecia - OK to donate 30 days after last dose. Avodart - OK to donate 6 months after last dose.

### Permanent Deferral

- HIV infection with or without symptoms of AIDS
- Any form of Hepatitis after the age of 11.
- Men who have had sex with another man since 1977.
- Any lymphoma, leukemia, melanoma.
- Travel to or residing in the UK for more than 3 months or more between 1980-1996.
- Travel to or residing in Europe for more than 5 years between 1980 and the present.
- Medication: Tegison, heart-regulating medications, current or on-going anti-coagulant therapy (i.e. Coumadin, etc.), long-term steroid therapy
- Autoimmune disorders, including: Crohn's disease, Lupus, MS, Rheumatoid arthritis

*Blood may be donated every 56 days.*

*Please call the Providence Blood Donor Center at (800) 469-9555 if you have any questions about your eligibility to donate.*

### LOCATIONS:

**Providence Saint Joseph Medical Center**  
Monday & Saturday; please call us at (800) 469-9555 to schedule your appointment

**Providence Holy Cross Medical Center & Providence Tarzana Medical Center**  
Please call us at (800) 469-9555 to see when the next scheduled BloodMobile date is.

**Providence Little Company of Mary Medical Center – Torrance**  
Monday – Friday; please call (310) 303-5843 for specific hours

**Providence Little Company of Mary Medical Center – San Pedro**  
Tuesday – Thursday; please call (310) 514-5229 for specific hours

**Providence Blood Donor Center**  
501 S. Buena Vista Street, Burbank, CA 91505  
Telephone 800.469.9555 Fax 818.847.4439  
[www.providence.org/california](http://www.providence.org/california)