

save lives

give blood



GIVING THE GIFT OF LIFE IS SAFE AND SIMPLE

Most healthy people can be blood donors. In about one hour, donors complete a short medical history; have temperature, pulse, blood pressure and hemoglobin measured; recline comfortably for 5-10 minutes while donating; and enjoy refreshments before leaving. Only disposable, single-use products are used to collect blood. *You cannot get AIDS giving blood.*

Please eat a meal and drink extra fluids within the 6 hours before donating.

DONOR ELIGIBILITY REQUIREMENTS

Age	16 years of age- must present Inova Blood Donor Services Consent Form signed by a parent or guardian 17 years of age and older may donate without consent-no upper age limit
Health	Generally in good health, you must be well for 3 days (<u>no symptoms of illness including colds</u>)
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 or 14 days after a platelet donation
To give platelets	Wait 14 days after a whole blood or an ABC (automated blood donation)

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

Antibiotic therapy	24-hour wait after last dose, <u>plus</u> you must be well for at least 3 days
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 – no wait Most other cancers – be cancer free 5 years from the last treatment, a physician's note is not required
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	Before coming to donate, please consult your doctor and bring a written approval for donation.
Immunizations (shots)	Allergy or flu vaccines-no wait; Hepatitis B Vaccine-24 hour 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
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
Seizure	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	1-week wait when done in professional setting with sterile single-use equipment
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.

- **European Countries for >=5 years (1980- present):**
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.
- **Geographic Deferral for United Kingdom >=3 months (1980-1996):** England, Northern Ireland, Scotland, Wales, the Isle of Man, 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 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 a Melanoma.

Rev 8-08

**For more specific information about your eligibility to donate blood,
please call the donor advocate at 571-434-3628**