

## 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 3 hours of donating**

<b>Age</b>	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
<b>Health</b>	Generally in good health; you must be well on the day of donation
<b>Weight</b>	110 pounds minimum
<b>Identification</b>	Photo ID ( <i>such as driver's license</i> ) must be presented
<b>To give whole blood or double red cells</b>	Wait 56 days after a whole blood donation, 14 days after a platelet donation, or 112 days after a double red cell donation
<b>To give platelets</b>	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

<b>Antibiotic Therapy</b>	No wait after last dose and must be well on the day of donation
<b>Asthma</b>	No wait if symptom-free at time of donation and controlled with medication
<b>Blood Pressure</b>	No wait if blood pressure is less than or equal to 180/100
<b>Cancer</b>	No wait for Basal Cell & Squamous Cell Cancer of the skin, Breast Cancer in-situ or Melanoma in-situ, and Cervical Cancer in-situ if treated and healed. <b>Most non-blood cancers</b> – 1 year wait after completion of treatment with no recurrence; must be symptom-free and released from doctor's care
<b>Dental Care</b>	24 hour wait after routine procedures- <i>cleanings, fillings</i> ; 72 hour wait after root canal or surgery
<b>Diabetes</b>	No wait when controlled by diet or medication
<b>Heart Attack History</b>	1 year wait after heart attack – must have been medically evaluated and released; 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
<b>Immunizations (shots)</b>	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
<b>Malarial Area Travel</b>	1 year wait after return from visiting malarial endemic area, or 3 year wait after having lived in a malaria endemic area for 5 years or more
<b>Piercing (ear/body)</b>	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
<b>Pregnancy</b>	6 weeks wait after vaginal delivery; 6 month wait after C-section
<b>Seizures</b>	6 month wait after last seizure with no recurrence, and controlled with medication
<b>Surgery</b>	2 to 24 week waits depending on type of surgery. Must have healed surgical wound, resumed normal activity and been released from doctor's care
<b>Tattoo /Permanent Make Up</b>	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
<b>Travel</b>	<i>Visited or lived in any country with malaria risk - please see Malaria Area Travel above</i>
<b>European travel/residence</b>	You may <b>not</b> donate blood or platelets at this time if your visit(s) or residence matches or exceeds the total accumulated time during the stated periods in the listed countries below:
	<ul style="list-style-type: none"> <li>• <b>From 1980 to the present if you spent time that adds up to 5 years or more in the following European countries:</b> Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Republic of Ireland, Italy, Liechtenstein, Luxembourg, Macedonia, Montenegro <i>former Republic of Yugoslavia</i>, the Netherlands (Holland), Norway, Poland, Portugal (includes Azores), Romania, Serbia, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, United Kingdom</li> <li>• <b>From 1980 through 1996 if you spent time that adds up to 3 months or more in the United Kingdom:</b> England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, and the Falkland Islands</li> <li>• <b>Military Travel Deferral: Total time of 6 months or more associated with a military base in:</b> From 1980 – 1990 in Belgium, Germany, the Netherlands From 1980 – 1996 in Spain, Portugal, Turkey, Italy and/or Greece</li> </ul>

**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 Hepatitis B or C at any time or had Hepatitis A after the 11th birthday; have been diagnosed with Hodgkin's Disease, Leukemia, Lymphoma or Malignant Melanoma.

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