

Someone's *life* depends on *YOU*.

What does it take to be a blood donor?

Donors must be at least 16 years old and weigh at least 110 pounds. (Written parental consent is required for 16-year-old donors.) Our donor history form and mini-physical quickly tell donors if there is any reason why they should not give blood. If you question your ability to donate, you should sign up and talk to a blood service representative.

Occasionally, people who want to donate blood must be temporarily deferred. **This does not mean that they can never give blood again.** In nearly every case, after a short period of time, they will be able to donate again.

- **Allergies** – You can donate if you do not have an infection.
- **Antibiotics for infections** – You must be off the antibiotic medication for 24 hours.
- **Apheresis platelet donation** – You must wait 28 days between donations.
- **Athletics** – You should avoid strenuous activities for at least three to five hours after donating.
- **Blood transfusions** – You must wait one year after receiving a blood transfusion before you can donate.
- **Cold, flu, sore throat, fever** – You must wait until you are feeling well.
- **Dental visit** – You must wait 72 hours after major dental work. There is no wait after a routine cleaning or fillings.
- **Diabetics (insulin dependent):** You can donate whole blood if your dosage is controlled and your blood sugar levels are stable.
Insulin dependent diabetics cannot donate blood using ABC technology.
- **Ear or skin piercings, or tattoos** – No deferral is required if disposable needles and equipment, and single-use ink were used.
- **Hepatitis A contact** – You must wait 90 days.
- **Hepatitis B and C contact** – You must wait one year before you can donate blood.
- **Iron level low** – You must wait to donate blood until iron level is up. Your iron level will be checked the next time you come to donate.*
- **Malaria** – If you have visited or lived in a malaria zone, you must wait one year. If you have emigrated from a country in a malaria zone, you must wait three years.
- **Meals** – You should not skip meals before you donate blood.
- **Menstrual cycle** – You can donate during your menstrual cycle.
- **Mononucleosis** – You must wait for a release from your doctor's care.



- **Pregnancy** – You must wait six weeks after delivery or one year if the delivery required a blood transfusion.
- **Sexually-transmitted diseases** – If you have chlamydia, genital herpes, trichomoniasis and venereal warts, but have NO symptoms, you may donate blood. If you have syphilis or gonorrhea, you must wait one year after you complete your treatment.
- **Surgery** – You must wait to be released from your doctor’s care if you did not receive any blood products. If you received blood, you must wait one year from date of your transfusion.
- **Whole blood donation** – You must wait eight weeks to make another whole blood donation or twenty-eight days to make a platelet donation.

* *Iron-rich foods can quickly restore your blood’s iron level. Iron-rich foods include chicken, clams, dates, dried apricots, dried beans or peas, dried peaches, dried prunes or prune juice, eggs, enriched and whole-grain breads, ham, iron-fortified cereal, liver, lean beef or pork, molasses (blackstrap), oysters, raisins, sardines, scallops, shrimp, tuna, veal and wheat germ.*

If you have any questions about donating blood, please do not hesitate to contact our Customer Service Advocate at (804) 213-4214 or (800) 989-2201.

Please do not donate blood for the purpose of getting an AIDS test. There are testing sites that will test your blood for AIDS without asking for your name. You may find these locations by calling (800) 533-4148.

