Donor Qualification Guide

This guide is intended to assist in pre-screening prospective blood donors. Please refer other health questions to our Donor Services staff prior to registering, call Heartland Blood Centers at (630) 892-7055 or visit the Heartland website at: www.heartlandbc.org for information.

General
The donor must be in good health and feeling well.

Age
At least 17 years of age. In Illinois and Indiana, 16 year olds are eligible provided they have written approval from parent/guardian. There is no upper age limit.

Weight
110 pounds or more.

Diet
It is recommended to eat something within the four hours preceding the donation.

Interval Between Blood Donations
Must be 8 weeks between regular blood donations. Waiting period must be 16 weeks after double red cell apheresis for any type of donation.

Tattoo, Ear-Body Piercing
12 month waiting period after procedure. No waiting period for: piercing if performed with sterile, single use equipment; tattoo if done in a tattoo establishment in Indiana or Illinois. Ask a staff member if tattoo was done in another State.

Allergy
Acceptable if no acute symptoms on the day of donation.

Antibiotics
Acceptable after last dose if no symptoms of infection.

Asthma
Acceptable if under control.

Diabetes
Acceptable if controlled by diet or medications and is not associated with major organ disease (heart, kidneys, etc.).

Cancer (malignancy)
1. Acceptable 1 year after last treatment, if the malignancy was removed by surgery alone or only by radioactive implant (for prostate cancer) or
2. Acceptable 3 years after last treatment, if the malignancy was removed by radiation or chemotherapy (with or without surgery).

Cold or Flu
Fever, persistent cough, sore throat or chest congestion disqualify a donor.

Dental Surgery
Acceptable 72 hours after procedure.

Hepatitis
History of viral hepatitis after the age of 10 years disqualifies a donor. Sharing the same household with a person suffering from hepatitis - 12 month waiting period.

Heart Disease, Stroke
Previous heart attack, severe coronary artery disease, symptomatic heart disease, major congenital heart malformation, or some types of heart surgery (valve replacement, etc.) disqualify a donor. Successful coronary artery bypass surgery or angioplasty without history of heart attack with complete recovery without complications or restrictions may be eligible to donate one year after the procedure.

Minor stroke without residual effect/damage or restrictions - 1 year deferral from the date of the stroke.

High Blood Pressure
May donate provided blood pressure is within normal range at time of donation.

Immunizations and Vaccinations
Variable waiting period depending upon vaccine. Refer to Donor Services staff.

Surgery, Blood Transfusion, Transplantation
Blood transfusion, surgery requiring blood transfusion, or tissue transplant - 12 month waiting period. Dura mater, corneal, major organ, bone marrow or stem cell transplants - permanent deferral.

Pregnancy
6 week waiting period after delivery.

Travel Outside U.S. or Canada (Malarial Risk)
Due to malarial risk, anyone who has traveled outside the U.S. or Canada should check with Donor Services staff to determine eligibility. Had malaria, residence or military service in a malaria area for 5 years or more - 3 year waiting period. Visit to a malaria area lasting less than 5 years - 1 year waiting period.
Among others, regions at risk for malaria include most sub-Saharan African and many Asian countries, some states of Mexico, areas in Argentina, Bolivia, Brazil, China, Costa Rica, El Salvador, Panama, Paraguay, Peru, Venezuela, Dominican Republic, Haiti (all areas) and others. Refer to staff for details.

**Travel to United Kingdom (risk for variant Creutzfeldt-Jakob Disease -vCJD)**
Spent a cumulative 3 months or more between 1980 and 1996 in the United Kingdom (England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, or the Falkland Islands), and/or have received transfusion of blood in the U.K. since 1980 - indefinite waiting period.

**Residence in Military Base in Europe (risk for vCJD)**
If you were a member of the U.S. military, a civilian military employee or a dependent of a member of the U.S. military and spent a cumulative 6 months or more associated with a military base in Belgium, the Netherlands, or Germany between 1980 and 1990, and/or spent a cumulative 6 months or more associated with a military base in Spain, Portugal, Turkey, Italy, or Greece between 1980 and 1996 - indefinite waiting period.

**Travel to Europe (risk for vCJD)**
Spent a cumulative 5 years or more in Europe (including time spent in the U.K. from 1980 through 1996) since 1980, and/or have received transfusion of blood in France since 1980 - indefinite waiting period.

**Medications**
Bring list of medications taken and refer to Heartland staff for acceptability. Medications for high cholesterol, blood pressure and allergies, replacement hormones (estrogens, thyroid hormones, etc.) and most anti-inflammatory drugs are acceptable.

**Accutane, Amnesteem, Claravis, Sotret (for acne), Propecia (for hair loss), Proscar (for prostate condition)** - 1 month after last dose.

**Avodart or Jalyn (for prostate condition)** - 6 months after last dose.

**Soriatane (for psoriasis)** - 3 years after last dose.

**Tegison (for psoriasis)** - permanent deferral.

**Other Possible Disqualifications**
Persons at risk for HIV infection (at risk for AIDS): Men who had sex with other men, prostitutes, past/current intravenous drug users, sexual partners of someone at risk for HIV, hemophiliacs, persons with history of sexually transmitted disease or incarceration in the past 12 months.

Persons at risk for Creutzfeldt-Jakob disease.