



## DONOR ELIGIBILITY GUIDELINES

Donor Eligibility Guidelines protect the health and safety of the donor as well as the patients. The following information is a guideline. Each person will be evaluated at the time of donation. Direct any questions you may have about your ability to donate by calling our toll free number at 866-2Give-NJ, (866-244-8365).

- ❖ **Donors must present a photo or signature ID at registration.**
- ❖ **Donors must present either a Driver's License or Social Security number at registration.**
- ❖ **It is recommended that donors eat and drink water prior to donating blood.**

### BASIC REQUIREMENTS:

**Age** – Ages 17 through 75 (16 with parental or guardian written consent)

**Note:** Donors who reach age 75 and have been previously a regular donor can continue to donate provide that they meet all donor criteria. Donors over 75 years of age who pass all donor criteria may donate provided that they have donated within the past 5 years or have written medical clearance from their physician.

**Weight** – Minimum weight is 120 pounds. **Blood Pressure** – Must be within normal range. Persons on blood pressure medication are acceptable only if medication is taken for hypertension and not for heart disease.

**Interval Between Donations** – Whole Blood – 56 days, Platelets – 2 weeks, Double Red Blood Cell – 112 days, RBC/Plasma – 56 days. **Medications** – Deferral for most drugs is based on the underlying conditions. Examples of some acceptable medications are: blood pressure, oral contraceptives, replacement hormones, aspirin, vitamins and lipid lowering agents.

**INDEFINITE DEFERRALS:** From 1980 through present a donor who has spent time that adds up to 3 months or more in the United Kingdom. From 1980 to the present received a blood transfusion in the United Kingdom or France. From 1980 through 1996 donor was a member of the US Military spent 6 months or more associated with a military base in Belgium, Netherlands or Germany (1980 – 1990) or Spain, Portugal, Turkey, Italy or Greece (1980 – 1996).

Allergies	Accept as long as you feel well, no fever, no problem breathing
Cold or Flu	No symptoms for 3 days
Body/Ear Piercing / Acupuncture (*See below)	1 year
Received Blood or Blood Products	1 year
Pregnancy	6 weeks after delivery or termination
Surgery	Upon discharge from doctor
Skin Cancer (Squamous or Basal Cell Carcinoma)	Surgically removed and healed with no recurrence
Traveled in a malarial area with/without medication	1 year
Lived in malarial area	3 years
Flu Vaccine / Pneumonia Vaccine	Accept (If symptom free)
Hepatitis B Vaccine	14 days
Accutane	30 days
Cancer (Other than localized skin cancer)	Evaluated by the health historian
Heart Disease	Time dependent deferral (Doctor approval)
Lymes Disease Vaccine	Accept (If symptom free)
Antibiotics (Acceptable for acne)	2 Days after completion

\*Ear piercing, body piercing or acupuncture, done by aseptic technique in medically supervised settings or by the gun method with no signs of infection is acceptable.

### SOME REASONS A PERSON WILL BE PERMANENTLY DEFERRED ARE:

- ❖ A member of any high risk group for AIDS
- ❖ A history of hepatitis (after age 11)
- ❖ The following cancers are permanent deferrals: Myeloma, Hodgkins, Melanoma, Malignant Melanoma, Non-Hodgkins Lymphoma and Leukemia.