

Donation Restrictions

1.888.LIFEBLOOD - WWW.LIFEBLOOD.ORG

To help ensure the safety of donors and our blood supply, prospective donors are given mini-physicals and asked questions about their health history. Listed here are some of the reasons a donor may be asked to delay donating, or not to donate at all. If you have questions about your eligibility to donate blood, please use this sheet as a reference or call 901.522.8585 or 1.888.lifeblood.

WAIT TO DONATE

Blood exposure or transfusion WAIT 1 YEAR

Body piercings/acupuncture WAIT 1 YEAR

Cancer WAIT 5 YEARS (IF NO RECURRENCE, WITH EXCEPTIONS BELOW*)

Certain medications

- **Accutane** WAIT 1 MONTH AFTER TREATMENT
- **Antibiotics** WAIT 3 DAYS FROM LAST DOSE
- **Anti-coagulant therapy** CONSULT YOUR PHYSICIAN
- **Arava** WAIT 30 DAYS FROM LAST DOSE
- **Cortisone** CHECK FOR ELIGIBILITY
- **Lupron Depot** WAIT 1 MONTH FROM LAST DOSE
- **Proscar/Propecia** WAIT 1 MONTH FROM LAST DOSE

Cold or flu WAIT UNTIL SYMPTOMS ARE GONE FOR 48 HOURS

Cold sore (fever blister) WAIT UNTIL SORE IS CRUSTED OVER

Diarrhea WAIT UNTIL SYMPTOMS ARE GONE FOR 48 HOURS

Heart attack WAIT 1 YEAR

Heart surgery (closed ablation or stent) WAIT 6 MONTHS

Heart surgery (open) WAIT 1 YEAR

Herpes WAIT UNTIL LESIONS ARE GONE

Lung disease CHECK FOR ELIGIBILITY

Pregnancy WAIT 6 WEEKS AFTER DELIVERY

Sexually transmitted diseases WAIT 1 YEAR AFTER TREATMENT

Surgery WAIT UNTIL FULL RECOVERY

Stroke WAIT 1 YEAR (TENTATIVELY)

Tattoo WAIT 2 MONTHS IF RECEIVED IN TN, AR OR MS

Teeth-cleaning WAIT 1 DAY

Tooth extraction/root canal WAIT 3 DAYS

Tick bite WAIT 1 MONTH

Travel to malaria-risk countries WAIT 1 YEAR AFTER RETURN

Venereal disease WAIT 1 YEAR AFTER TREATMENT

ACCEPTED PRESCRIPTION MEDICATIONS

Allergy shots | Antidepressants | Antihistamines | Birth control pills | Blood pressure meds (if BP controlled)
Cholesterol meds | Diabetic meds (including insulin)



DO NOT DONATE

AIDS OR HIV POSITIVE

HEART DISEASE
(IF SYMPTOMATIC OR
PHYSICALLY RESTRICTIVE)

HEPATITIS (AFTER AGE 10)

HODGKIN'S DISEASE*

JAUNDICE (AFTER AGE 10)

LEUKEMIA*

LIVER DISEASE

MELANOMA*

SELF-INJECTED DRUG USE
(NON-PRESCRIPTION DRUGS)

SICKLE CELL DISEASE
(SICKLE CELL TRAIT IS ACCEPTED)

TRAVEL TO OR RESIDENCE IN CERTAIN LOCATIONS:

- UK COUNTRIES, 1980-1996, FOR 3 MONTHS OR MORE
- EUROPE, 1980-PRESENT, FOR 5 YEARS OR MORE
- MILITARY BASES IN GERMANY, BELGIUM OR THE NETHERLANDS, 1980-1990, FOR MORE THAN 6 MONTHS
- MILITARY BASES IN ITALY, SICILY, GREECE, PORTUGAL, SPAIN OR TURKEY, 1980-1996, FOR MORE THAN 6 MONTHS

