

BASIC REQUIREMENTS FOR BLOOD DONATION

- Must be at least 18 years of age or 16 or 17 with written parental or guardian acknowledgement.
- Weigh at least 110 pounds; if greater than 350 pounds, please call Bonfils' Appointment Center at 303.363.2300 or 800.365.0006, opt. 2.
- **For your safety and to ensure a positive donation experience Bonfils recommends that prior to your donation you eat within 2 hours and hydrate for 24-48 hours. If you would like something to eat or drink before your donation please help yourself to the items in the canteen area.**
- Be in good general health.
- **Proof of identification is required at time of donation. Examples include but are not limited to: driver's license, work badge, school ID, credit card, mail, etc.**
- The donation interval after a whole blood donation is 56 days. Please contact Bonfils Blood Center for the specific interval for other blood product donations.
- You should not be under the influence of alcohol or recreational drugs at the time of donation.

MEDICATIONS

Donors should not discontinue taking medications prescribed or recommended by their physicians in order to be eligible to donate.

Are you being treated with the following types of medication...	Have you taken...	which is also called...	in the last	
Anti-platelet agents (usually taken to prevent stroke or heart attack)	Feldene	piroxicam	2 days	
	Effient	prasugrel	7 days	
	Brilinta	ticagrelor		
	Plavix	clopidogrel	14 days	
	Ticlid	ticlopidine		
Anticoagulants or "blood thinners" (usually to prevent blood clots in the leg and lungs and to prevent strokes)	Zontivity	vorapaxar	2 days	
	Xeralto	rivaroxaban		
	Fragmin	dalteparin		
	Lovenox	enoxaparin		
	Pradaxa	dabigatran		
	Eliquis	abixaban		
	Savaysa	edoxaban	7 days	
	Coumadin Warfilone Jantoven	warfarin		
	Heparin, low molecular weight heparin	heparin		
Acne treatment	Arixta	fondaparinux	1 month	
	Accutane Amnesteem Absorica Claravis Mylorisan Sotret Zenatane	isotretinoin		
Hair loss remedy	Propecia	finasteride		6 months
Prostate Symptoms	Proscar	finasteride		
	Avodart Jalyn	dutasteride		
Basal cell skin cancer	Erivedge	vismodegib	7 months	
Relapsing multiple sclerosis	Aubagio	Teriflunomide	2 years	
Psoriasis	Soriatane	acitretin	3 years	
	Tegison	etretinate	Ever	
Hepatitis exposure	Hepatitis B Immune Globulin	HBIG	12 months	

HEALTH CONDITIONS

- **Ambulatory Aid:** For their own safety, donors using any type of temporary ambulatory aids including crutches, canes or other walking aids for a recent injury cannot donate until no longer requiring this assistance.
- **Breastfeeding:** Female donors that are breastfeeding are eligible to donate.
- **Cancer:** Donor is eligible with a history of basal cell or squamous cell skin cancer or carcinoma in situ. Lymphoma and leukemia are permanent deferrals. All other types of cancer will be assessed at time of donation, but 12 months must have passed since the last treatment and donor must be considered cancer free at time of donation.
- **Colds:** Donors are not eligible if they are not feeling well and healthy the day of donation.
- **Diabetes:** Donors with diabetes (type I or II) are eligible to donate. Diabetics who ever used bovine insulin manufactured in the United Kingdom are deferred.
- **Heart Disease:** Donors with a history of heart disease or heart attacks may be eligible to donate provided six months have elapsed from the incident and approval has been obtained from donor's physician. Donors with Wolff-Parkinson-White syndrome, hypertrophic cardiomyopathy and implanted/internal defibrillators are permanently ineligible.
- **Hemochromatosis/Polycythemia:** Donors diagnosed with hereditary hemochromatosis or polycythemia are asked to contact Bonfils' Donor Relations.
- **Hepatitis:** Donors with a history of hepatitis B or C should refrain from donating.
- **High Blood Pressure:** Donors with high blood pressure are eligible to donate if their blood pressure is within an acceptable range when taken on the day of donation, regardless of medication.
- **Malaria:** Donor is eligible if symptom free for three years.
- **Pregnant:** Donors who are pregnant or have been pregnant in the last 6 weeks are not eligible to donate.
- **Transfusion/Transplants:** Donor is deferred for 12 months following a transplant or transfusion of blood or of blood products.



VACCINATIONS/IMMUNIZATION

Vaccination/Immunization	Do Not Donate for
Antitoxins/animal serum injections	2 weeks
Measles (rubeola)	
Mumps	
Polio – Salk (oral vaccine)	
Typhoid (oral)	
Yellow fever	
German measles (rubella)	1 month (30 days)
BCG (Bacille Calmette-Guerin) for tuberculosis (TB) disease	
Hepatitis B (Recombivax, Energix-B, Heptavax)	
MMR (measles/mumps/rubella)	
Varicella zoster (chicken pox, Varivax)	
Shingles (Zostavax)	

HIV/AIDS

Individuals who have had a positive test for HIV/AIDS

or who are at risk for contracting HIV/AIDS are permanently deferred from donating blood. Risk factors include:

- Use of needles to take drugs, steroids or anything not prescribed by your doctor
- Taking money or drugs for sex

The following risk factors represent a 12-month deferral for the donor from the date of occurrence:

- Male to male sexual contact in the past 12 months
- Intimate/sexual contact with any person in the above categories
- Accidental contact with another person's blood/body fluid or an accidental needle stick
- Incarceration for more than 72 consecutive hours

EUROPEAN TRAVEL/RESIDENCY CRITERIA

- CJD Variant Creutzfeldt-Jakob Disease (human form of mad cow disease). Total cumulative time spent in the United Kingdom (see list below) adding up to 3 months or more from 1980-1996 indefinitely defers a donor from community donation. However, these donors may be eligible for research donations.
- Total cumulative time spent in the European Countries listed below of 5 years or more is cause for indefinite deferral from community donation, but does not defer the donor from research donations.

COUNTRIES IN UNITED KINGDOM:

- Channel Islands
- England
- Falkland Islands
- Gibraltar
- Isle of Man
- Northern Ireland
- Scotland
- Wales

EUROPEAN COUNTRIES:

- Albania
- Austria
- Belgium
- Bosnia-Herzegovina
- Bulgaria
- Channel Islands
- Croatia
- Czech Republic
- Denmark
- England
- Falkland Islands
- Finland
- France*
- Germany
- Gibraltar
- Greece
- Hungary
- Isle of Man
- Kosovo
- Northern Ireland
- Republic of Ireland
- Italy (Sicily)
- Liechtenstein
- Luxembourg
- Macedonia
- Montenegro
- Netherlands (Holland)
- Norway
- Poland
- Portugal**
- Romania
- Scotland
- Serbia
- Slovak Republic
- Slovenia
- Spain***
- Sweden
- Switzerland
- United Kingdom
- Yugoslavia****
- Wales

* including its overseas departments (e.g., Martinique and others)

** including the Canary Islands and Spanish North African territories

*** including the Azores

****formerly Federal Republic of Yugoslavia

TATTOOS, PIERCINGS & ACUPUNCTURE

- **Tattoos/Permanent Make-up:** Donor is eligible if tattooing/make-up application is performed in a physician's office using single-use equipment. Otherwise, donor is deferred for 12 months.
- **Ear/Body Piercing:** Donor is eligible if piercing was performed using single-use equipment. Otherwise, donor is deferred for 12 months.
 - Note: Piercings done at Claire's stores and similar establishments are acceptable.
- **Acupuncture/Dry-needling:** Donor is eligible if procedure was performed with single-use equipment. Otherwise, donor is deferred for 12 months.

OTHER WAYS TO HELP

You can save lives through Bonfils' marrow program and volunteer opportunities. Additionally, if you are deferred for the reasons on this document, you may still be eligible for research donations.

Visit bonfils.org to learn more.