

DONOR SELF-SCREENING INFORMATION

The goal of the UCLA Blood & Platelet Center is to provide patients with safe blood collected from volunteer donors. Like all other facilities in the nation that collect blood, we must follow FDA rules about who may donate. You may have heard that certain conditions like cancer, heart problems, stroke, asthma and diabetes keep you from donating. This is **not** necessarily true. Our staff can help evaluate your specific medical questions. **PLEASE ASK OR CALL 310-794-7217.**

The following is information that may help you determine if you are eligible to donate:

AGE: You must be 17 years of age or older; there is no upper age limit.

WEIGHT: You must weigh 102 pounds or more for whole blood and 110 pounds for platelet donation.

FEELING WELL: You must be well and healthy with no cold or flu symptoms in the past 24 hours (no fever, sore throat, productive cough, stomach/intestinal problems, etc.)

MEDICATION: Most medications are acceptable.

- 🔴 Antibiotics (except for acne) -- If you have been ill, it is critical that the full course of antibiotics be completed at least 48 hours prior to donation and that you have no more symptoms.
- 🔴 Certain oral medications for psoriasis, severe acne, hair loss or enlargement of the prostate may make it unacceptable for you to donate.
- 🔴 Blood pressure medication is acceptable if your blood pressure is within acceptable limits.

PREGNANCY: You must be at least 6 weeks after delivery of a baby.

DENTAL WORK: You must wait at least 24 hours after dental work (including cleaning).

TRAVEL TO A FOREIGN COUNTRY:

- 🔴 You must **not** donate if you have traveled to a malaria risk area in the past year.
- 🔴 You must **not** donate if you have visited or lived in the United Kingdom for more than 3 months (total) between 1980 through 1996.
- 🔴 You must **not** donate if you have spent 5 years or more (total) in Europe since 1980, including time spent in the U.K. from 1980-1996.
- 🔴 Call prior to scheduling an appointment if you lived on a US military base in Europe for 6 months or more from 1980-1996, or if you lived in Africa.

RECENT SURGERY:

- 🔴 Minor: OK if healing is complete.
- 🔴 Major: Generally OK if healing is complete and no blood was transfused (except blood that you donated for yourself).

TATTOO: Persons who have had a tattoo in the last 12 months must not donate.

PIERCINGS: Persons who have had an ear, navel or eyebrow piercing in the last 12 months may donate if the procedure was performed in a commercial establishment with sterile needles or by a physician. You must **not** donate if you have had a tongue, nose or genital piercing in the past 12 months.

HEPATITIS: If you had any type of hepatitis at 11 years of age or older, you must **not** donate. Close contact in the past 12 months with someone who has hepatitis may also disqualify you from donation.

HIGH RISK ACTIVITIES—YOU MUST NOT DONATE IF:

- 🔴 You have taken money or drugs for sex since 1977
- 🔴 You are a male who has had sex with another male since 1977
- 🔴 You have ever injected drugs not prescribed by a doctor
- 🔴 You have had sex in the last 12 months with someone who has done one of the above
- 🔴 You have had syphilis or gonorrhea in the last 12 months.

Eat well, drink extra fluids (suggest 2 quarts of fluid per day) for two days prior to your donation, and avoid fatty foods.

WE REQUIRE ID ON THE DAY OF DONATION (PREFERABLY PHOTO ID).

We are looking forward to seeing you!