



CEDARS-SINAI[®]
BLOOD DONOR SERVICES
www.cedars-sinai.edu/donateblood



Blood Donor Guidelines

To qualify, donors must meet these FDA requirements:

- ◆ Be at least 17 years old (*no upper limit*), healthy, feel well on day of donation.
- ◆ Weigh at least 110 pounds.
- ◆ No dental surgery within 72 hours prior to donation.
- ◆ Not currently taking antibiotics for an infection. Acne treatment is OK.
- ◆ Not taking the medications Accutane, Proscar, Propecia in the past 30 days.
- ◆ Not taking the medications Avodart or Jalyn in the past 6 months, Soriatane in the past 3 years, or ever taken Tegison.
- ◆ No travel to a malaria area in the past 12 months.
- ◆ No tattoos or permanent make-up within the past 12 months.
- ◆ Ear and body piercing is OK if done with sterile, single-use needles. 12-month deferral if other methods used.
- ◆ Cancer-free during the last five years. OK if treated for localized skin cancer.
- ◆ Never used intravenous drugs.
- ◆ No history of hepatitis after the age of 11. No close contact in the past 12 months with someone who has hepatitis.
- ◆ No history of HIV (AIDS).
- ◆ Cannot donate if you have:
 - Spent a combined total of 3 months or more in the United Kingdom from 1980 - 1996.
 - Spent a combined total of 5 years or more in Europe from 1980 -the present (including time spent in the UK from 1980 - 1996).
 - Resided on a US military base in Europe for 6 months or more from 1980 - 1996.
- ◆ Male donors must not have had sex with another male (*even once*) since 1977.

On the day of your donation, be sure to have something to eat and extra water to drink and if you have any questions about your eligibility to donate, please call (310) 423 – 5346.