

## INTRODUCTION:

In order to reduce your chances of being deferred, or rejected as a blood donor, here are some guidelines that may be helpful to you, the Homologous Blood Donor.

## General Guidelines

- AGE:** 18-65 years. 17 years in written parental consent. Persons over 65 years may be accepted only after consultation with the Blood Donor Room Staff.
- WEIGHT:** 110 lbs or greater. Persons weighing less than this must make pre-arranged appointments.
- MEDICATION:** Persons on prescribed medication will be accepted three days after completion of the course. Vitamin supplements and oral contraceptives are acceptable.

Here are some further reasons for deferral or rejection.

## Specific Guidelines

### Deferrals:-

- Flu, cold, sore throat - up to 2 weeks after getting better.
- Recent surgery: Major - 6 months  
Minor - discretionary
- Receipt of blood transfusion - 12 months
- Abortion: Spontaneous - 6 weeks, depending on the reason for the abortion, if known.
- Pregnancy: 12 months with normal pregnancy and delivery.
- Jaundice: Persons who have been jaundiced, or have been in contact with jaundiced persons - 12 months.
- Puncture wounds: Persons who have been tattooed, undergone electrolysis, or had their ears pierced - 12 months.

## Rejections

Persons who suffer from any of the following conditions are not accepted as homologous donors.

- Hepatitis B or C (Jaundice)
- Heart Disease
- Hypertension (not controlled by medication)
- Diabetes mellitus (not controlled by medication)
- Epilepsy
- Malignancy
- Renal Disease
- Blood Disease

Persons whose lifestyles are considered to be of such nature that they are thought to be at high risk of being exposed to the Human immunodeficiency Virus, i.e.

Men who have had even a single sexual contact with another man since 1977.

Intravenous drug abusers, male or female.

Women who are sexual partners of bisexual men, intravenous drug abusers, and persons on chronic transfusion regimes (e.g. haemophiliacs).

Persons who are aware that they are infected with the HIV, or have AIDS.

Men and Women who have several sexual partners, whether or not they have been paid or pay for these sexual encounters.

These guidelines are those of the Medical Director, National Blood Transfusion Service.