

## Who can donate?

Anyone who is in good health, 17 years of age or older and weighs at least 110 lbs.

## Why should I donate?

An adequate and readily available supply of blood saves lives. When someone is injured in a car accident, shot or is a burn victim, they need blood immediately. On any given day, health care agencies in our community can use as many as 2000 blood components.

## What types of donations are there?

Whole blood is the most common type. You can donate Whole Blood every 8 weeks. It may be split into at least 3 components that will benefit many different patients. However, the shelf life of these components is limited.

- Red Blood Cells - restore blood loss (good for 42 days), used for surgery and trauma patients
- Plasma - restores clotting factors (good for one year)
- Platelets - aid in bleeding problems associated with cancer patients receiving chemotherapy (good for 5 days)

Apheresis is a donation that uses a machine. This type of donation allows the donor to give a larger quantity of one essential component (RBCs, platelets, or plasma) of whole blood. The remaining components are returned to the donor. If you want to become an apheresis donor, the recommended type of donation based on blood type is listed below:

- Blood types "A" and "O" are needed for Platelets and can be donated 24 times per year
- Blood type "AB" is needed for Plasma and can be donated 12 times per year
- Blood types "O" and "A" are needed for RBCs and can be donated every 112 days by Apheresis donation

## **DID YOU KNOW?**

**Someone needs blood every 3 seconds.**

**Only 5% of those who can give blood actually do give blood.**

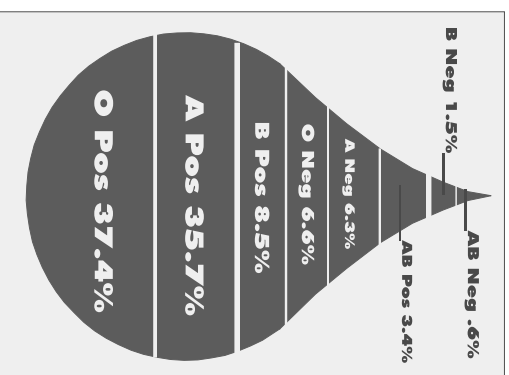
**Studies have indicated that donating blood actually may help protect against heart disease.**

**You can't get AIDS or any other disease from donating blood.**

**Eligible donors can give blood every 56 days.**

**In an emergency anyone can receive type O red blood cells.**

**Only Medic has a Blood Coverage Program that covers our members at any U. S. hospital.**



## **ANSWERS TO**

**COMMON QUESTIONS ABOUT**

**BLOOD DONOR**

**ELIGIBILITY**

**This is information to make you familiar ahead of time with reasons that might make you deferred. To avoid unnecessary waiting prior to your screening interview ASK A MEDIC NURSE.**

**MEDIC**

Regional Blood Center  
A Not-for-Profit Organization

1601 Ailor Avenue, Knoxville, TN 37921

865/524-3074

11000 Kingston Pike, Farragut, TN 37932

865/671-0836

[www.medicblood.com](http://www.medicblood.com)

## Who can donate?

Anyone who is in good health, 17 years of age or older and weighs at least 110 lbs.

## Circulation and Heart Related Disorders

High Blood Pressure (Controlled) - No Deferral  
Certain Heart Conditions/Surgery/Angioplasty may need a physician approval letter to donate.

Mitral Valve Prolapse - no medications or pain - no Deferral  
Mitral Valve Prolapse - medications taken - Must have a physician approval letter to donate

## Dentistry

All dental procedures including cleanings - 24 hours Deferral  
Oral Surgery, Root canal, Wisdom Tooth extraction - 72 hours

## Medications

Antibiotics - 24 hour Deferral  
Antibiotics for Acne - No Deferral  
Antidepressants - No Deferral  
Analgesics - No Deferral  
Antacids - No Deferral  
Anti-Asthmatics - No Deferral (Deferral if on steroids)  
Anti-Convulsants - No Deferral (No more than 1 seizure in past year & none in last 3 months)  
Anti-Fungal for Skin, Nails, Vagina - No Deferral  
Anti-Histamine (No s/s of infection) - No Deferral  
Anti-Hypertensive - No Deferral  
Blood Thinners - Must be off 2 weeks prior to donation  
Decongestants - (No s/s of infection) - No Deferral  
Diet Pill - No Deferral

Diuretic - No Deferral unless taking it for Congestive Heart Failure then indefinite deferral

Growth Hormone before 1985 - Indefinite Deferral

Steroids (oral, IM, IV) - 72 hour Deferral

Steroids - Topical or Intra-articular (applied on skin or in joint) - No Deferral

Tranquilizer - No Deferral

Vitamins - No Deferral

## Common Ailments

Acid Reflux - No Deferral

Acne using topical ointments and oral antibiotics - No Deferral

Acne - taking Accutane - 30 day Deferral

Allergies - Mild Symptoms - No Deferral (Injections - 6 hours)

Arthritis - (Osteo) - No Deferral

Arthritis - (Rheumatoid) - No Deferral if asymptomatic: if on meds check with Nurse

Cancer - Skin - (Basal Cell or Squamous Cell)- Completely excised and healed - No Deferral

Cancer - Melanoma - 20 year Deferral

Cancer - Deep Tissue - 5 year Deferral

Cancer - Breast - 10 year Deferral

Cancer - Leukemia or Lymphoma - indefinite Deferral

Cold/Flu - 1 day Deferral

Crohn's Disease - Asymptomatic and not on steroids - No Deferral

Diabetes - Controlled by diet, oral medications or exercise - No Deferral

Diabetes - Insulin or injectable medications MUST have physician approval

Eczema - No infected lesions - No Deferral

Mononucleosis - 1 month Deferral

Needlestick - (not sterile) - 1 year Deferral

Psoriasis - No Deferral

Taking Soriatane or Tegison - Indefinite Deferral

Poison Ivy - (No lesions in venipuncture area) - No Deferral

Ringworm - (Not in venipuncture area) - No Deferral

Stroke - 1 year Deferral - Must have physician approval letter to donate if within past 5 years

Thyroid - Hyper/hypo - Meds controlled - No Deferral

Ulcerative Colitis - Asymptomatic and not on Steroids - No Deferral

## STD (Sexually Transmitted Diseases)

Herpes - No active lesions - No Deferral

Papilloma Virus - No active lesions - No Deferral

## Hepatitis Contact

Hospital Personnel (using universal precautions and no mucous membrane exposure) - No Deferral

Household/Sexual - with patient undergoing treatment or symptomatic - 1 year Deferral

## Issues that concern Men

PSA elevated - Benign Prostate Hyperplasia - No Deferral

Propecia for baldness - 30 day Deferral

## Issues that concern Women

Pregnancy, Abortion, Miscarriage - 6 week Deferral

Menopause, Hormone replacement - No Deferral

Birth Control Pills - No Deferral

Routine Mammogram - No Deferral

RhoGAM - 6 week Deferral

Yeast Infection (Vaginal) - No Deferral

## Shots and Vaccinations

Heptavax (hepatitis B) - 3 Week Deferral

Tetanus Booster - No Deferral

Flu Shot - No Deferral

TB Test - Routine - No Deferral

Polio - No Deferral

Rabies (animal bite) - 1 year Deferral

Gamma Globulin - HBIG - Serum Immune Globulin - 1 year Deferral

Steroid injection - Joint - No Deferral

Steroid injection - Intramuscular - 3 day Deferral

Zostavax - 4 weeks Deferral

Anit-HPV - 2 weeks Deferral

## Tattoos, Acupuncture, Body Piercing

Tattoo - No deferral if performed in TN/RV using sterile technique at a licensed establishment; otherwise, 1 year deferral

Ear Piercing - Sterile Gun - No Deferral

Ear Piercing - Self/unsterile technique - 1 year Deferral

Body Piercing - Oral - Deferral until 6 months after removal of appliance and site is healed

Body Piercing - Other (performed by qualified personnel using aseptic technique) - No Deferral

Body Piercing - Genital - 1 year Deferral

Acupuncture - Aseptic, performed by a licensed acupuncturist or under direct M.D. supervision - No Deferral.

## Travel outside the US and Canada

Indefinite Deferral:

United Kingdom - spent 3 months cumulatively from 1980 - 1996

or

Europe - spent 5 years or more since 1980

or

Associated with U. S. Military in certain parts of Europe for 6 months or more between 1980-1996

Certain African Countries since 1977 - indefinite Deferral if 3 months stay or longer

Malarial endemic areas - 1 to 3 year Deferral

## Surgery and Grafts

Major Surgery performed in Hospital/Surgery Clinic with Blood Transfusion - 1 year Deferral

Minor Surgery - No blood used - Released from physician - No Deferral

Grafts - Autologous - No Deferral

Grafts - Allogeneic (from someone else) - 1 year Deferral