

Blood Donation: Basic Eligibility Guidelines*

<p>Age: 16 years or older. There is no upper age limit for blood donation as long as you are well with no restrictions or limitations to your activities.</p>								
<p>Autoimmune Disorders: Acceptable if NO symptoms.</p>								
<p>Blood Transfusion and Surgery: Deferred for 3 months if transfused. Minor surgery generally acceptable in 3 to 6 weeks. Major surgery accepted after 3 months.</p>								
<p>Cancer (except for leukemia and lymphoma): Acceptable if donor has completed treatment with no recurrence. Cancer-free for 1 year or more, including melanoma. Please call Blood Bank of Hawaii for specific blood/lymph node cancer.</p>								
<p>Cold and Flu: Please wait to donate if you have a fever or a productive cough (bringing up phlegm). Please wait to donate if you are not feeling well on the day of donation. Please wait to donate until you have completed (at least 24 hours) antibiotic treatment for an infection.</p>								
<p>Diabetes: Acceptable as long as it is well controlled, whether medication is taken or not.</p>								
<p>Heart Conditions or Stroke: Acceptable if seen by a physician and it has been at least 3 months with no symptoms or activity restrictions. Donor must not have taken Nitroglycerin within the past 3 months.</p>								
<p>High Blood Pressure: Acceptable as long as your blood pressure is below 180 systolic (first number) and below 100 diastolic (second number) at the time of donation. Medications for blood pressure do not disqualify you from donating.</p>								
<p>Infection: Not eligible to donate if you have any type of infection.</p>								
<p>Intravenous Drug Use: A person who has used needles, in the past 3 months, to inject drugs, steroids, or anything not prescribed by their doctor is deferred for 3 months.</p>								
<p>Lifestyle: ALL genders are accepted as long as no anal sex with new or multiple partners within the past 3 months.</p>								
<p>Lung Conditions: Acceptable if no symptoms and feeling well on the day of donation.</p>								
<p>Medications: Only a few medications result in a deferral. Please visit https://www.bbh.org/become-donor/ for the complete list of these medications.</p>								
<p>Piercings: Acceptable if piercings were professionally done using a sterile procedure or gun method with new jewelry and no signs of infection. Doesn't have to be done in a state regulated shop.</p>								
<p>Pregnancy, Nursing: Those who are pregnant are not eligible to donate. Wait 6 weeks after giving birth or 6 weeks from the last pregnancy date.</p>								
<p>Seizures/Epilepsy: Must have no recent convulsions. Donor will be deferred for 1 month from last seizure.</p>								
<p>Surgery: Donor will be deferred until healing is complete, full activity has been resumed and the underlying illness does not disqualify the donor.</p>								
<p>Tattoos: Acceptable if tattoos were professionally done in a state-regulated shop using a single-use needle and no signs of infection. Hawaii is a regulated state.</p>								
<p>Travel: If you have traveled outside of the United States and Canada, your travel destinations will be reviewed at the time of donation and may lead to deferral.</p>								
<p>Weight: Most donors must weigh at least 110 pounds to be eligible for blood donation. For 16 – 18-year-old donors (all genders), you must meet the total blood volume requirement. Chart is located in the educational materials.</p>								
<p>Whole Blood Height/Weight Restrictions for Donors Age 16-18</p> <p>Eligibility is based on Estimated Total Blood Volume</p>								
<p>Males between 16 and 18: You must be at least 5' tall and weigh at least 110 pounds</p>								
<p>Females between 16 and 18: If you weigh at least 110 pounds but are shorter than 5'6", refer to chart below:</p>								
Females who are:	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"
Must weigh at least:	146	142	138	133	129	124	120	115

*** Eligibility is determined at the time of donation. The above are general guidelines for informational purposes only and are subject to change. Up-to-date information is available at bbh.org**

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