

# Blood Donor Eligibility

Donation Requirements	Whole Blood	Double Red Cell	Platelets
Minimum Age	17 / 16*	17	17
Maximum Age	75**	75**	75**
Minimum Weight	120 lbs.	Male 130 lbs. Female 150 lbs.	110 lbs
Minimum Height	None	Male 5' 1" Female 5' 5"	None

\* 16 year olds may donate whole blood only with a ConnectLife signed parental consent.  
\*\* If older than 75, donors can donate if qualified after a medical history and physical examination with an OK from our medical director.

## Common Eligibility Criteria

### Individual Donor Assessments

On May 11, 2023, the FDA released final guidance establishing a blood donor screening process based on individual donor assessments. Until now, men who had sex with men in the last three months were deferred from donating within three months of their last sexual encounter. That deferral had been one year until 2020 – and before 2015, no man who had ever had sex with a man was allowed to donate.

This change prioritizes the safety of the nation's blood supply while welcoming new individuals as potential blood donors. ConnectLife implemented these changes in our donor history questionnaire, and as of June 12, 2023, can now welcome potential new donors.

### Medical Conditions

#### Cancer

Cancer Permanent Deferral: Malignant melanoma, leukemia, lymphoma, Hodgkin's disease  
Acceptable: Localized skin cancer (basal cell or squamous cell) or cervical carcinoma in-situ,  
Diagnosed Grade Zero – Eligible 1 year post-procedure  
All other cancers must be in remission at least 5 years

#### Have Questions?

Call 716.529.4270 if you have more questions about blood donation eligibility.



## Medical Conditions Cont.

### Diabetes

Oral medication – Acceptable

Single daily use injectable with an oral medication - Acceptable

Insulin – Insulin dependent diabetics are eligible for whole blood donation only

### High Blood Pressure

Systolic 90-180 / Diastolic 50-100 range is Acceptable. Most BP medications are acceptable

### Pregnancy

Eligible to donate 6 weeks after delivery

### Cold or Flu

Not eligible until symptom free for 2 days

## Medical Procedures

### Surgery

Received a blood transfusion – Eligible 3 months after transfusion

No blood transfusion – Generally accepted after released from physician's care, feel well, and resumed full activity.

Bone or tissue graft – From self or synthetic: eligible when healed & released from physician's care. From another person: eligible 3 months after graft. From an animal: permanent deferral.

### Piercings (Ear or Body)

Sterile single use materials must have been used. If unknown, waiting period is 3 months from date of piercing.

Self-piercing – waiting period is 3 months from date of piercing.

### Tattoos

Waiting period is 3 months from the date of tattoo – including permanent make-up and microblading.

## Medications

**Note:** Most medications are not cause for deferral, though the underlying condition they are taken for may be. A complete evaluation can be made during donor screening or contact us for further information.

### Aspirin

Acceptable for whole blood donations. Platelet and Platelet/Plasma donors must wait 3 full days after last dose. (date of dose does not count)

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## Medications Cont.

### Antibiotics (oral)

Must have completed and be free from illness. Generally OK if taken for acne and penicillin-free.

### Allergy shots

Can donate immediately.

## Travel

Travel within the US and Canada is acceptable. Some other travel destinations may require temporary waiting periods or may be cause for permanent deferral due to high risk for malaria. A complete evaluation can be made during donor screening or contact us for further information.

Travel to malaria risk area – Deferral period is 3 months after departure

Residence (lived > 5 years) in a malaria risk area – Deferral period is 3 years after departure.

## Vaccinations

Flu – Can donate immediately.

Gardasil (for HPV) – Can donate immediately.

Hepatitis B – There is a 21 day waiting period. If post-exposure, deferral is 3 months.

Measles/Mumps/Rubella – Waiting period is 4 weeks.

Pneumonia – Can donate immediately.

Shingrix (for Shingles) – Can donate immediately.

Zostavax (for Shingles) – Waiting period is 4 weeks.