



Donor Eligibility Information

Did You Know?

You may donate:

- Whole blood every 56 days (eight weeks)
- Platelets every 14 days (two weeks)
- Plasma every 28 days (four weeks)

If you donate platelets you will be able to donate whole blood two weeks later. Then you must wait eight weeks to donate any other blood product.

Blood Donor Center Hours of Operation:

- Monday, Tuesday, Thursday and Friday
7 am—4 pm
- Wednesday
7 am—2:30 pm

Bloodmobile:

- Visit us at www.ChildrensNational.org/DonateBlood to find a blood-drive near you.
- Or call us at **202-476-KIDS (5437)** to schedule a drive.

Acupuncture: You may donate if a licensed acupuncturist, MD or DO performed the procedure, otherwise you must wait 12 months after having acupuncture.

Age: You must be at least 17 years old to donate. Donors 70 to 75 years old must be a regular donor and be physically fit and healthy to donate. Donors 76 and older may not donate.

AIDS Risk: You are asked to voluntarily refrain from donating if you fall into any of the following categories which are at risk of getting AIDS or HIV:

- Persons with clinical or laboratory evidence of HIV infection (AIDS).
- Men who have had sex with another man, one or more times since 1977.
- Past or present intravenous drug abusers, including illegal use of steroids.
- Persons with hemophilia who may have received clotting factor concentrates.
- Men and women who have engaged in prostitution since 1977.
- Men and women who were sexual partners in the last 12 months of any of the above.

Allergies: You may donate if you have mild allergy symptoms; however, you must wait five days after receiving an allergy shot before donating blood.

Blood Transfusions: You must wait 12 months to donate after receiving a blood or blood component transfusion.

Cancer

- You may not donate if you have had melanoma, leukemia, lymphoma, or Hodgkin disease.
- You may donate if you have had squamous cell or basal cell skin cancer or in situ cervical cancer and had curative excision.
- You may donate if you have had other types of cancer (i.e. breast cancer or prostate cancer) and have been cancer-free for 5 years and had curative excision and/or radiation, but no chemotherapy and no recurrence.

Colds/Flu: You may not donate if you have a cold, flu, sore throat, diarrhea, or other type of viral infection. You must be symptom-free for three days.

Dental Work: You must wait to donate until 24 hours after fillings or cleanings and three days or 72 hours after other dental procedures.

Diabetes: You may donate if your medication dosage is controlled and stable, unless you have been injected with bovine (beef) insulin since 1980.

Drug Use: You may not donate if you have ever used a needle to take drugs or steroids not prescribed by a doctor, or if you have snorted cocaine in the past 12 months.

Heart Trouble: You may be able to donate if you are not on any cardiac medications. Please call the Blood Donor Center for more information.

Hepatitis: You must permanently refrain from donating if you have or have had hepatitis. A recent hepatitis vaccination is not a cause for deferral, unless it followed exposure to an infected person or to blood or body secretions.

High Blood Pressure: You may donate if your blood pressure is controlled by medication and/or diet and is within acceptable limits on the day of donation.

Incarceration: You may not donate if you have been in jail, prison, juvenile detention, or lock-up for more than three days in the past 12 months.

Medications: Although most medications do not exclude you from donating, please do not donate if you are taking any of the following medications:

- Accutane®, PROSCAR® and Propecia® (deferred for one month)
- Avodart® (deferred for six months)
- Soriatane® (deferred for three years)
- Tegison® (deferred permanently)

Nursing: A nursing mother may give blood. (See pregnancy).

Piercing: You may donate if the procedure took place using a sterile technique and single-use equipment at a place of business. If non-sterile techniques were used, you must wait 12 months.

Pregnancy: A woman may give blood six weeks after a vaginal delivery and six months after a Cesarean section.

Sexually Transmitted Diseases:

- You may not donate if you have active genital herpes.
- You may not donate if you have had or have been treated for syphilis or gonorrhea in the last 12 months.

Sickle Cell: You may donate plasma or platelets if you have the sickle cell trait, but not whole blood.

Surgery: You must wait six months to donate after surgery with an overnight stay. For outpatient surgical procedures, you must wait until you are completely healed and released from a doctor's care.

Tattooing: You must wait three months to donate after tattooing or permanent makeup, if the tattoo or permanent makeup was applied in a state regulated parlor in the following states: Virginia, Delaware, New Jersey, Rhode Island, Florida, Hawaii and North Carolina. You must wait 12 months to donate if the tattoos were applied in a non-regulated parlor or in a state not listed above.

Travel:

- You may not donate if you have visited a malaria endemic country in the past 12 months.
- You may not donate if you were born in or lived in Cameroon, Central African Republic or Empire, Chad, Congo, Equatorial Guinea, Gabon, Niger, Senegal, Benin, Togo, Kenya, Zambia, or Nigeria since 1977, due to risk of HIV-1, group O. You may not donate if you were a sexual partner within the past 12 months of someone who was born in or lived in the above mentioned countries.

Due to the potential risk of mad cow disease you may not donate if you have:

- Spent time that adds up to three months or more from 1980 through 1996 in the United Kingdom, including England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, or the Falkland Islands.
- Spent time in Europe that adds up to five years or more, since 1980 (including time spent in the UK from 1980 to 1996).
- Spent time that adds up to six months or more associated with a military base in Belgium, The Netherlands or Germany from 1980 through 1990, or Spain, Portugal, Turkey, Italy, or Greece, from 1980 through 1996.