

# BLOOD DONOR ELIGIBILITY GUIDE

This information can be used as a general guide to help answer questions or concerns that may arise regarding donor eligibility. Eligibility for blood donation with LifeServe Blood Center is determined by criteria established by the Food and Drug Administration (FDA) as well as other blood banking industry regulatory agencies.

## General Eligibility Requirements:

All donors should be in overall good health, and are encouraged to be rested and well-nourished at the time of donation.

Whole Blood Eligibility		Double Red Eligibility		Platelet Eligibility		Plasma Eligibility	
FEMALES	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES	MALES
120 lbs minimum	120 lbs minimum	150+ lbs 5'5"	130+ lbs 5'1"	120 lbs minimum	120 lbs minimum	120 lbs minimum	120 lbs minimum
16+ years of age	16+ years of age	23+ years of age	16+ years of age	18+ years of age	16+ years of age	18+ years of age	16+ years of age
56 days (23+)	56 days	112 days (23+)	112 days	2 weeks (23+)	2 weeks	28 days (23+)	28 days
180 days (16-22)		Females 16-22 not eligible		180 days (18-22)		180 days (18-22)	

Prior to donation, all potential donors must register with LifeServe Blood Center and provide a form of identification printed with their name (e.g., driver's license, social security card, credit card, etc.)

### Age

Donors must be at least 16 years or older. If first-time donors are 16- or 17-years-old, they must have a signed LifeServe Blood Center parent/guardian permission form.

### Alcohol

Permissible if not under the influence at the time of donation.

### Antibiotics

Donors should not donate if currently taking for an infection.

### Cancer

Donors with certain skin and/or cervical cancer may donate three days after treatment. Donors with other types of cancer may donate after one year of diagnosis if asymptomatic. Donors who have had the following types of cancer are not allowed to donate: Hodgkin's disease, leukemia, lymphoma, melanoma, multiple myeloma, mycosis fungoides.

### Cold

You should not donate if you have a cold on the day of donation.

### Diabetes

OK if well controlled by diet and medications.

### Drugs/Medicines

Some medications may be fine for blood donation. At the time of donation, donors will need to provide names of medications that are currently being taken or previously been taken.

### Ear/Skin Piercing

OK if performed with single-use, sterile instruments and equipment.

### Epilepsy/Convulsions/Seizures

OK if seizure-free for six months.

### Heart problems or heart surgery (now or in the past)

Some heart conditions are acceptable for blood donation and others may not be.

### Infections

Donors should not donate with an infection or if currently taking medication prescribed for an infection.

### Pregnancy

OK six weeks after pregnancy ends. Breastfeeding is not a cause for deferral.

### Vaccine

Some vaccinations may be fine for blood donation. At the time of donation, donors will need to provide names of vaccines received in the last eight weeks.

### Tattoos

OK if performed in a facility licensed to apply tattoos in the state of: Iowa, Alabama, Alaska, Arkansas, Arizona, California, Colorado, Delaware, Florida, Hawaii, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maine, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Jersey, North Carolina, Ohio, Oklahoma, Oregon, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Vermont, Virginia, West Virginia, Washington, or Wisconsin.

### Travel

Some travel outside of the United States may lead to a deferral. Donors will be required to provide specific locations as well and duration of stay and dates of return to determine donation eligibility.

### Weight

Maximum weight allowed is 350 pounds on our bloodmobile vehicles, 400 pounds at a donor center location, and 500 pounds at on-site mobile blood drives.

For specific questions regarding donation eligibility, call 800.287.4903, ext. 4876 or email [nurse@lifeservebloodcenter.org](mailto:nurse@lifeservebloodcenter.org).

**LifeServe**  
BLOOD CENTER

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**YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.**