**Basic Requirements**
- Be in generally good health and feel well
- Be at least 17 years of age to 85th birthday
- Weigh at least 110 lbs
- Automated collection donations may have additional requirements

**Donation Frequency**
- Whole blood donors may donate every 56 days
- Red cell apheresis donors may donate every 112 days

**Immunizations**
- Flu, FluMist Nasal, Pneumonia, Tetanus, Human Papilloma (HPV) – can donate if feeling well and healthy
- Hepatitis B vaccine for preventative reasons – 4 week wait after each injection
- MMR (measles, mumps, rubella), Zostavax (shingles), Varicella Zoster vaccine (chicken pox prevention) - 4 week wait

*Please check with us regarding other immunizations*

**Medications**
- Accutane (Isotretinoin) – 4 week wait after last dose
- Antibiotics – cannot donate if taking for infection; okay for prevention or maintenance
- Growth Hormone from Pituitary Glands - cannot donate
- Insulin from cows - cannot donate
- Propecia (finasteride) - 4 week wait after last dose
- Proscar (finasteride) - 4 week wait after last dose

*All Other Medications: Depends on the drug(s) and the reason for taking the drug(s)*

**Medical Requirements**
- Allergies – can donate if no infection present
- Arthritis – can donate if no red, hot, swollen joints
- Asthma – can donate if no symptoms
- Body/Ear Piercing/Acupuncture – can donate if done with a sterile, single use needle or piercing gun with single use studs, otherwise wait 1 year
- Cancer:
  - Skin cancer - can donate if type known
  - Melanoma, Malignant Tumors – can donate 1 year after resolved
  - Blood cancers – cannot donate
- Cold, Fever, Flu Bronchitis, Sore Throat, Cough – can donate if feeling well and no symptoms
- Cold sore, Fever or Sun Blister – can donate
- Corneal Transplant – cannot donate
- Dental Work:
  - Crown Work – can donate next day
  - Teeth Cleaning, Fillings, – can donate the next day
  - Root Canal, Tooth Extraction – can donate after 3 days
- Diabetes – can donate if feeling well and never had insulin from cows
- Endoscopy procedure with biopsy – can donate 4 months after procedure
- Heart Attack (MI) – can donate after 12 months after resolved
- Heart Surgery (Angioplasty, Stents, Coronary Bypass) – can donate after 6 months after procedure and no symptoms
- Hepatitis after the age of 10 – cannot donate
- Pregnancy/Abortion/Miscarriage – can donate after 6 weeks
- Seizures or Convulsions – can donate 12 months after last seizure
- Strokes – can donate after 12 months
- Tattoo – can donate after 1 year; no wait for cosmetic tattoos done in a physician's office
- Xenotransplant – cannot donate unless received heart valve(s) from an animal

**Travel Restrictions**

**In a Malaria Area:**
- Lived or emigrated for 5 consecutive years or more – can donate after 3 years
- Less than a 5 year visit – can donate after 1 year

**England** – cannot donate if spent time that adds up to 3 months or more in the U.K. from 1980 through 1996

(England, N.Ireland, Scotland, Wales, Isle of Man, Channel Islands, Gibraltar, Falkland Islands)

**Frequently Traveled Areas in Mexico**

*This list is not complete. Please ask us about other travel outside of the U.S. and Canada*

<table>
<thead>
<tr>
<th>OK TO DONATE</th>
<th>NOT OK TO DONATE UNTIL 1 YEAR WAIT AFTER VISIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acapulco</td>
<td>Ciudad Obregon</td>
</tr>
<tr>
<td>Baja</td>
<td>Costa Maya</td>
</tr>
<tr>
<td>Cancun</td>
<td>Huatulco</td>
</tr>
<tr>
<td>Chichen-Itza</td>
<td>Huatulco resorts</td>
</tr>
<tr>
<td>Copper Canyon</td>
<td>Tulum</td>
</tr>
<tr>
<td>Cozumel</td>
<td>Rural areas of the states of:</td>
</tr>
<tr>
<td>Guadalajara</td>
<td>Nayarit, Oaxaca and Sinaloa</td>
</tr>
</tbody>
</table>

Risk along the Guatemala and Belize borders of the states of: Chiapas, Tabasco and Quintana Roo