

Blood Donation Eligibility Checklist

Use this checklist to determine if you're eligible to donate blood

Basic Requirements

- ☐ I am at least 18 years old (or 17 with parental consent)
- ☐ I weigh at least 50 kg (110 lbs)
- ☐ I am in good health and feeling well today
- ☐ It has been at least 90 days since my last blood donation

Recent Activities (Answer NO to be eligible)

- ☐ I have NOT had a tattoo or piercing in the last 3-12 months
- ☐ I have NOT had surgery in the last 6 months
- ☐ I have NOT been pregnant or given birth in the last 6 months
- ☐ I have NOT had a blood transfusion in the last 12 months
- ☐ I have NOT traveled to malarial areas in the last 3 months

☐ I have NOT had any vaccinations in the last 4 weeks

☐ I have NOT had dental work in the last 72 hours

Current Health Status

☐ I do NOT currently have a cold, flu, or infection

☐ I do NOT have an active bacterial or viral infection

☐ I do NOT have a fever today

☐ My blood pressure is within normal range

☐ I do NOT have anemia or low hemoglobin

Medical Conditions (Consult with staff if YES)

☐ I do NOT have heart disease

☐ I do NOT have uncontrolled diabetes

☐ I do NOT have cancer (excluding certain types)

☐ I do NOT have HIV/AIDS

☐ I do NOT have Hepatitis B or C

☐ I do NOT have a blood disorder (sickle cell, hemophilia, etc.)

☐ I have NOT had an organ or tissue transplant

Medications

Most medications do NOT prevent donation. However, consult with staff if you take:

☐ Blood thinners (warfarin, aspirin)

☐ Antibiotics (currently taking)

☐ Immunosuppressants

☐ Isotretinoin (Accutane)

Note: Common medications like birth control, blood pressure pills, and over-the-counter drugs are usually acceptable.

Deferral Periods

Condition/Activity	Deferral Period
Previous blood donation	90 days
Tattoo/Piercing (licensed facility)	3 months
Tattoo/Piercing (unlicensed)	12 months
Pregnancy	6 months after delivery
Surgery (minor)	Varies
Surgery (major)	6-12 months

Condition/Activity	Deferral Period
Blood transfusion	12 months
Cold/Flu	Until recovered
Vaccinations	24 hours to 4 weeks
Dental work	72 hours

Important Notes:

- This checklist is for general guidance only
- Final eligibility is determined by donation center staff
- Always be honest about your health history
- When in doubt, ask the medical staff
- Criteria may vary by location and blood center

Before You Go

☐ I have eaten a healthy meal within the last 3 hours

☐ I have drunk at least 16 oz of water

☐ I have my valid photo ID

☐ I am wearing comfortable clothing

☐ I have reviewed the post-donation care instructions

If you checked all the boxes above, you're likely eligible to donate!

If you answered NO to any basic requirements or YES to medical conditions, please consult with the donation center staff. They will assess your individual situation and provide guidance.

BloodMitra - Blood Donor Network

For specific questions about your eligibility, please contact your local donation center

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