



**CASCADE REGIONAL  
BLOOD SERVICES**  
YOUR COMMUNITY BLOOD CENTER

# WHAT YOU SHOULD **KNOW** BEFORE DONATING

## **AGE**

If you are 16 or 17 years of age, written permission is required from a parent or guardian prior to donating. You can find the form at [www.crbs.net](http://www.crbs.net).

## **WEIGHT**

You must weigh at least 110 pounds to donate blood.

## **BLOOD PRESSURE**

Donors are acceptable if they have a blood pressure between 180/100 and 90/50; some blood pressure exceptions can be made depending on the cause. Most high blood pressure medications are acceptable.

## **FREQUENCY OF DONATION**

Whole blood can be donated every 56 days. Platelets can be donated every seven days; however, you may only donate a maximum of 24 times in a rolling twelve-month period. We normally ask platelet donors to donate only every 14 days, unless an extraordinary situation exists. Plasma can be donated every 28 days.

## **DONATION PREPARATION**

It is important to eat a substantial meal and drink plenty of water or juice before donating. Avoid beverages with caffeine or alcohol before donating. It is also important to be well rested.

## **TRAVEL**

Travel to tourist areas in most parts of the world is acceptable. You may be deferred for one year if you have traveled to a malarial area. Ask a donor specialist to get the most recent information.

## **DENTAL WORK**

You must wait three days after the following procedures: root canal, tooth extractions and periodontal procedures. There is no waiting period for cleanings and fillings.

## **IMMUNIZATIONS**

There is no deferral period after a flu shot if you are symptom-free. However, other immunizations can have a two to four week deferral period.

## **PREGNANCY**

Donations may take place six weeks after the end of a pregnancy, but not anytime during a pregnancy.

## **DIABETES**

Diabetics whose condition is controlled by diet, oral medication, or insulin may donate if they are symptom-free and have a stable medication regimen.

## **HEART DISEASE, CARDIOVASCULAR ACCIDENTS (CVA)**

If symptom-free for at least six months, some donors with heart disease, recent heart surgery, heart attacks, or CVA's are eligible to donate. This is evaluated on a case-by-case basis.

## **CANCER**

People who have been successfully treated for some types of cancer are eligible to donate. Chemotherapy and radiation treatments are no longer reasons for permanent deferral.

## **DISEASES**

If you have ever had a positive test for HIV, the AIDS virus, you may not donate blood. If you have had syphilis, gonorrhea, chlamydia or any sexually-transmitted disease, you must wait one year after successful treatment to donate blood. Donors with genital herpes are acceptable two weeks after the symptoms have subsided. You may not donate blood if you have had hepatitis after age 10.

## **TATTOOS & BODY PIERCING**

You are now eligible to donate after receiving a tattoo if you meet the following criteria: A) The tattoo was done in Washington State and B) The tattoo was done after 07/01/2010. If you do not meet those criteria, you must wait one year to donate after getting a tattoo. Professional body and ear piercings are acceptable when done at a licensed commercial establishment and the donor can verify sterile techniques were used. Self-piercing or 'friend' piercing is a one-year deferral.

## **ANTIBIOTICS**

You must be off antibiotics for 48 hours before donating blood. Antibiotics taken in low dosages for preventative treatment or acne may be okay.

## **OTHER MEDICATIONS**

Hormones, antidepressants, cholesterol, some blood pressure medications, and other prescription medications are acceptable, as long as you are feeling well.

## **QUESTIONS?**

Please feel free to contact one of our Donor Specialists at 1-877-24-BLOOD, or visit our website at [www.crbs.net](http://www.crbs.net).