



GENERAL GUIDELINES FOR CENTRAL PENNSYLVANIA BLOOD BANK DRIVES & DONOR CENTERS

AGE: 16 and OVER (16 year olds must have signed parental consent)

WEIGHT: At least 120 pounds

LAST DONATION: At least 56 days (8 weeks) since last donation.

ID is REQUIRED: acceptable ID include, but not limited to: Drivers License, State ID, School ID, Work ID, Government issue ID

HEALTH REQUIREMENTS: If you are in general good health and feeling well on the day of donation you are most likely eligible to donate.

MEDICAL CONDITON	Can I donate?
Acupuncture (single use needles, licensed practitioner)	YES
Allergies – Allergy Medications	YES
AIDS, Symptoms of AIDS or Positive HIV test	NO
Angina, Chest Pain	Will Evaluate
Asthma (symptom free on day of donation):	
Oral Medication	YES
Inhalers	YES
Blood Transfusion (after 12 months)	YES
Cancer (most cancer acceptable after 1 year)	YES
Cold / Flu / Diarrhea (no symptoms for at least 72 hours)	YES
Diabetes (under treatment and controlled):	
Oral / Injected Medications	YES
Insulin / Insulin Pump	YES
Emphysema / COPD (no symptoms, no oxygen therapy)	YES
Epilepsy / Seizures (with or without medication)	
No symptoms / seizures for last 6 months	YES
Fainted in past while donating blood.	YES
Fever	NO
Hepatitis:	
Active	NO
History of Hepatitis	Will Evaluate
Household contact/Exposure to person with active hepatitis	NO
Exposure to a person's blood without universal precautions	NO
High Blood Pressure / Hypertension	YES
Jaundice (history of)	Will Evaluate
Malaria:	
Traveled to a malaria area – 1 year after return	YES
History of / treated & no symptoms w/in 3 years	YES
Mononucleosis – recovered	YES
Pregnant w/in the last 6 weeks	NO
Strep Throat (72 hours after treatment completed)	YES
Stitches – removed, fully healed, released from Dr. care	YES
Stroke – after 12 months and no restricted medications	YES

MEDICAL CONDITION	Can I donate?
Surgery:	
Most minor surgery after 6 weeks	YES
Most major surgery after 3 months	YES
Tuberculosis (history of or positive test)	Will Evaluate
Piercings (anywhere on the body):	
Sterile/Single use Equipment, Professional setting	YES
MEDICATIONS	Can I donate?
Antibiotics:	
For infection – 72 hours after last dose	YES
For Acne / prevention – 72 hours after last dose	YES
Accutane (at least 1 month since last dose)	YES
Aspirin	YES
Birth Control Pills	YES
Blood Thinners / "Anti-platelet" drugs / Anticoagulants	Will Evaluate
High Blood Pressure Medications	YES
Proscar / Propecia / Finasteride:	
At least 1 month since last dose	YES
Avodart / Dutasteride / Jalyn:	
At least 6 months since last dose	YES
Tegison	NO
VACCINES	Can I donate?
Flu vaccine (immediately as long as symptom free)	YES
Shingles vaccine – 4 weeks after	YES
Shingrix vaccine (immediately as long as symptom free)	YES
Chicken Pox vaccine – 4 weeks after	YES
Rubella (German Measles) – 4 weeks after	YES
MMR (Measles/Mumps/Rubella) – 4 weeks after	YES
Tetanus Booster (immediately as long as symptom free)	YES
Hepatitis B / Heptavax / Recombivax – after 21 days	YES
Hepatitis A (immediately w/ no symptoms & no exposure)	YES
Meningococcal (immediately as long as symptom free)	YES
<i>For other questions call: (717) 566-6161 or 1(800) 771-0059</i>	

Blood donors are precious to us....

To ensure that you are feeling well & for your safety – we will ask that you spend at least 15 minutes in our refreshment area following your blood donation.