

Conditions for acceptance & deferment for blood donation:

General appearance: Donor should be in good health, mentally alert and physically fit. He should not be excessively nervous at the time of donation.

Age: Any healthy adult donor between 18 and 60 years of age can donate blood.

Weight: 50kg – 55 kg: Can safely donate 350 ml of blood.
56 kg and above: Can safely donate 450 ml of blood.

Frequency of donation:

Female: after every 4 months

Male: after every 3 months .

Temperature: It must not be exceed 37.5 c. or 99.5 F

Pulse: 50 to 100/min (manually)

Blood pressure:

Blood pressure should not be higher than

170mm of Hg systolic and

100mm of Hg. diastolic

Lower limit – systolic pressure should not be below 100mm. of Hg.
and diastolic should not be below 60mm of Hg.

Hemoglobin: Hemoglobin should be equal to or more than 12.5gm %.

Food: Donor should have something to eat before donating blood.

Skin: The skin at venepuncture site, should be free from any lesion or scar of needle puncture, and should not have any contagious skin diseases like - scabies, eczema etc.

Sporting activities: If any donor has to go for any sporting activity, in short period, he should be advised against donating blood.

Medical history: Medical history should be asked by a qualified person and if he finds any abnormalities, he should refer the donor to the doctor.

As per FDA guidelines blood donation should not be accepted under the following conditions:

1. Cancer (malignancy)
2. Heart diseases
3. Abnormal bleeding tendencies

4. Unexplained weight loss
5. Diabetes controlled on insulin & oral drugs
6. Hepatitis B and C Infection
7. Chronic nephritis
8. Signs & symptoms suggestive of AIDS
9. Severe Liver disease (cirrhosis, carcinoma liver, acute hepatitis)
10. Epilepsy
11. Acute Asthma
12. Active Leprosy
13. Severe Endocrine Disorders (including hyperthyroidism)
14. Schizophrenia
15. Active Tuberculosis
16. Polycythemia vera
17. HIV infection/AIDS
18. Risk behaviour (homosexuals, heterosexual relations with commercial sex worker (CSW), IV drug abusers)

Other Conditions for deferment

<u>CONDITIONS</u>	<u>PERIOD OF DEFERMENT</u>
1. Abortions	6 months
2. H/O Blood transfusion	12 months
3. Alcoholism	Till intoxicated
4. Minor Surgery	3- 6 months
5. Major Surgery	6-12 months
6. Typhoid	12 months after recovery
7. H/O Malaria, duly treated	3 months (endemic)
8. Tattoo	6 months
9. Acute Nephritis	6 months after recovery
10. Breast Feeding	12 months after delivery
11. Immunization –	
(vaccination) killed/toxoid	1 week
live attenuated	2 weeks

12. Rabies Vaccination animal	12 months after bite after bite of rabid
13. H/O Hepatitis in family	12 months Or close contact
14. Immunoglobulin	12 months
15. Jaundice	
Hepatitis A	1 year
Hepatitis B	Deferred permanently
Hepatitis C	Deferred permanently
If type not known	After 5 years
16. Hypertension	Mild hypertension and under control (diet/ mild medication-diuretics, beta blockers) Should be taking only one medicine of the above. (medical officer decides on the fitness)
17. Antibiotics	48 hours after completion of the course
18. Aspirin	If aspirin is taken in the past 48 hours, platelets should not be made (collection can be done, put a star on the bag and a note ‘ no platelets’ on form.
19. Cold/ cough	Accepted if no fever; and expectoration (if present) is not purulent.
20. Open wound (skin breached).	Accept when healed.
21. Acute infection	Accept when cured
22. Dental Treatment	3 days (if infection); 3 months: if surgical intervention
23. Dengue	Without blood transfusion- 3 months With blood transfusion- 1 year
24 Tuberculosis	5 years after completion of treatment
25. Sex outside marriage with non-CSW	1 year
26. Chikun guniya	3 months
27. Head injury without h/o unconsciousness	1 year

with h/o unconsciousness 2 years (if CT scan normal, detailed history to be taken, before accepting)

Note: Donor on following medication to be permanently deferred:
cholesterol reducing drugs, retinoic acid preparation, anti-psychotic drugs

Following conditions can be accepted:

1. Tetracycline and other antibiotics taken to treat acne.
2. Topical steroid preparations for skin lesions not at the venepuncture site.
3. Oral contraceptives, Replacement hormones, weight reduction pills.
4. Donors having high blood sugar level up to 180mg/dl, without medication.

REFERENCE:

1. As per FDA guidelines
2. WHO Module 1 page 169
3. AABB Technical Manual 15th edition, Chapter 4

Contact the Medical Coordinator or On-Call doctor for further details.