

Blood Donation

Who Can?

Most people can give blood. If you are generally in **good health**, age 18 to 65 and weigh at least 50kg for woman and at least 60 kg for men, you can donate. You can give blood every 8 weeks, that's approximately every two months up to 4 times a year for women and 5 times for men.

Who Can't?

Although most people are eligible for blood donation, it is not the case of everyone. There are a many reasons why you might not be able to donate, but these reasons fall into two main categories: the potentiality that it could harm your health, and the potentiality that it could harm the patient's health. We understand that it can be very disappointing if you are unable to give blood, however we do hope that you understand that our duty is to ensure the safety of both the donor and the patient.

You Should Not Give Blood If:

- You have donated blood more than five times in a year's time.
- You have undergone an operation less than 6 months ago.
- You have liver, lung, thyroid or heart disease.
- You have lost weight or have noted a persistent elevation of temperature for no apparent cause.
- You have taken aspirin or profenid or any medication against infections in the past week or less.
- You have or had diarrhea within the last week.
- You have ingested or injected narcotics (drugs).
- You have had a previous infection of hepatitis B or C, jaundice or malaria.
- You have had a past case of any type of cancer.
- You have had a vaccination (flu, chicken pox, hepatitis...) within 1 month or less.
- You have a blood borne disease (thalassemia, hemophilia...) or epileptic seizures.
- You have had a piercing or a tattoo less than a year ago.
- You have had a needle accident or razor or blade accident with foreign blood less than a year ago.
- You have had an unprotected sexual activity with multiple partners.
- You are pregnant or have had a baby in the last 9 months.
- You have a manifesting allergy.
- You have been tested HIV positive or think you might be at risk.

Hospital blood banks have different policies and regulations regarding blood donor eligibility

Medication Deferral List

Please tell us if you are now or if you have EVER taken any of these medications:

- **Proscar[®], Steribo[®], Sterifine[®] (finasteride):** usually given for prostate gland enlargement
- **Propecia[®] (finasteride):** usually given for baldness
- **Accutane[®], Contracne[®], Curacné[®], Isosupra[®], Roaccutane[®] (Sotret, isotretinoin):** usually given for severe acne
- **Growth Hormone From Human Pituitary Glands:** used usually with children with delayed or impaired growth
- **Insulin from cows (Bovine or Beef Insulin):** used to treat diabetes
- **Hepatitis B Immune Globulin:** given following an exposure to Hepatitis B

This is different from the hepatitis B vaccine which is a series of 3 injections given over a 6 month period to prevent future infection from exposures to hepatitis B.

- **Apo-Clopidogrel[®], Clovex[®], Nefazan[®], Platil[®], Plavix[®] (clopidogrel) or Ticlid[®] (ticlopidine):** inhibits platelet function, used to reduce the chance of heart attack and stroke
- **Feldene[®](piroxicam):** given for mild to moderate arthritis pain