

## **THERE HAVE BEEN MANY POSITIVE CHANGES IN BLOOD DONOR ELIGIBILITY! PLEASE READ ON...**

### **Yes, You Can Donate**

- Every 56 days! (Six times per year)
- 16 years old (with parental consent) with **no upper age limit to give blood!**
- Diabetic taking insulin pills and/or injections
- Even if you take daily medication:  
Most medications will not preclude you from donating.

### **Medications – Yes you can donate**

- Antidepressants
- Allergy medications
- Aspirin-you do not need to stop taking it in order to donate blood!
- Blood pressure medication
- Cholesterol medication
- Hormone replacement therapy
- Insulin pills or injections or diabetic medication

### **No, You Cannot Donate**

- If you have had cancer or cancer treatment, including surgery, radiation, or chemotherapy within 1 year.
- If you have Blood Related Cancers or Lymphoma
- If you have body piercing less than 1 year (pierced ears OK if done in sterile store setting)
- If you acquired hepatitis after age 11
- If you have a tattoo of less than 1 year.
- If you are currently pregnant-must wait 6 weeks after the birth before donating
- If you are taking blood thinners
- If you are taking antibiotics, you must wait until the day after the last dose was taken and then be symptom free
- If you are currently on Tegison; Soritiane; Accutane, Proscar, or Propecia, Avodart.
- If you have you traveled to, lived in the United Kingdom  $\geq$  3 mos. from 1980-1996?
- Between 1980 - present have you had a transfusion in the United Kingdom?
- If you have you traveled to, lived in Europe  $\geq$  5 years between 1980 - present?
- Between 1980-1990 were you military personnel or dependent residing at U.S. bases in Northern Europe for  $\geq$  6 mos.? (Germany, U.K., Belgium, Netherlands)
- Between 1980-1996 were you military personnel or dependent residing at U.S. bases elsewhere in Europe? (Greece, Turkey, Spain, Italy, Portugal)

### **Check with blood center staff for verification of eligibility for the following:**

- **Any surgery or medical procedure.**
- **History of heart disease or heart surgery**

### **On the day you plan to donate blood...**

- **EAT...** A good meal and drink plenty of fluids before and after donating (no alcoholic beverages).
- **Bring the following required items when you donate:**
  1. Picture ID
  2. Medication List
  3. Travel list outside USA



**Blood Drive Hotline**  
436-5025

**Naples:**

(239) 436-5455  
311 9<sup>th</sup> Street North, Suite 108  
Naples, FL 34102  
(*NCH Medical Plaza*)

**NAPLES HOURS:**

Monday, Wednesday, Thursday and Friday = 8am – 5pm  
*Tuesday = 11am – 7pm*

**Bonita:**

**(239) 495-1138**

9170 Bonita Beach Road, Suite 102  
Bonita Springs, FL 34135  
(*Sunshine Plaza*)

**BONITA HOURS:**

Monday and Friday = 8am – 5pm  
Thursday = 8am – 6pm  
*Tuesday and Wednesday – CLOSED*

WEBSITE: [www.NCHmd.org/bloodcenter](http://www.NCHmd.org/bloodcenter)

A:BD\WD\D17\FCR5-153 Donor Eligibility  
ORG: Unk REV: 8-09 VER: 7 Form# FCR5-153

Please consider being a regular blood donor!

- ❖ 38% of all Americans are eligible to give blood; only 3% actually donate!
- ❖ The only source of blood is from blood donors. Synthetic blood has not proven to be successful. Much of the nation runs on very limited supplies, so acquiring blood is very difficult!
- ❖ Blood shortages threaten our ability to successfully treat our local patients!
- ❖ Typical blood shortages occur in the summer months and around every holiday!
- ❖ Who uses blood?  
Cancer patients use blood products regularly  
Cardiac and surgical patients  
Accident victims  
Patients suffering from blood disorders
- ❖ Donating blood is safe and easy. **A person can donate a pint of blood every 56 days.** Giving blood regularly will help you to monitor your blood pressure and your cholesterol!
- ❖ **Blood lasts only 42 days.** Demand for blood typically outpaces supply, therefore new donors are needed to close the gap.
- ❖ You cannot get a disease as a result of donating blood. A new and sterile needle is used on every donor. It is immediately disposed of and never reused after the donation!
- ❖ Many people assume blood is readily available should a disaster occur. This is untrue. Planning ahead and donating blood before a disaster occurs, is the only way to ensure blood is available when it is needed!

**Many changes have occurred in donor eligibility, see reverse side!**