

# DONOR QUALIFICATIONS

To donate blood you must be at least 16 years of age, in good health, show a photo ID with name and date of birth at registration, and meet the height/weight guidelines.

If you are 16, bring a signed permission form when donating. The form can be found online at [www.lifeshare.org/giving-blood](http://www.lifeshare.org/giving-blood).

Eat a well balanced meal and increase your water intake prior to giving blood.

## DONATION TYPES AND FREQUENCY

**WHOLE BLOOD** - 8 weeks (56 days)

**TWO UNIT RED CELLS** - 16 weeks (112 days)

**PLASMA** - 28 days

**PLATELETS** - 14 days

**RED BLOOD CELLS AND PLASMA** - 8 weeks (56 days)

**PLATELETS AND PLASMA** - 14 days for platelet donation, 28 days for plasma donation

**RED CELLS, PLASMA, AND PLATELETS** - 8 weeks (56 days)

Patient needs change daily and you may be asked to give a donation type based on current patient needs and your blood type. Please schedule your donation appointment to minimize wait time and to help LifeShare forecast transfusion product availability.

## YOU KNOW YOU CAN DONATE IF...

You take **HIGH BLOOD PRESSURE MEDICATION**. You may donate if your blood pressure is within acceptable limits at the time of donation.

You take **CHOLESTEROL MEDICATION**. It is not cause for deferral.

You have **DIABETES**. You may donate blood if you have diabetes, even if you are insulin dependent.

You have **RHEUMATOID ARTHRITIS**. Donors who have been previously deferred may now be eligible to give blood provided the medications they are taking are acceptable.

You have a **TATTOO or BODY PIERCING** inked in a state licensed tattoo parlor. You may donate 2 weeks after the date of the tattoo or piercing if there is no sign of infection.

You had **CANCER**. Some previously deferred donors can now give blood if it has been one year from the end of completion of therapy with no recurrence of cancer. Minor treated skin cancer is not cause for deferral.

You have taken **MALARIA** medications. If you have taken medications to prevent malaria, but have not traveled to a malaria endemic area you can donate blood. Please specify the exact location of your travels so that donation eligibility can be determined.

You have taken, **ASPIRIN, TYLENOL, ADVIL**, or other **MEDICATIONS**.  
**You may donate even though you are taking medication.**  
**Please know the names of your medications and why you are taking them.**

*Thank you for making a lifesaving difference.*

