



Are You Eligible to Donate?

You may donate blood if you:

- Are in good health today
- At least 17 years old (16 with parental consent)
- Do not have serious heart or lung disease
- HAVE A PHOTO ID!

PLEASE READ THIS BEFORE YOU DONATE!

We know that you would not donate unless you think your blood is safe. However, for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately. If you don't understand a question, ask the blood center staff. All information you provide is confidential.

To determine if you are eligible to donate we will:

- Ask about your health and travel
- Ask about medicines you are taking or have taken
- Ask about your risk for infections that can be transmitted by blood – especially AIDS and viral hepatitis
- Take your blood pressure, temperature and pulse
- Take a blood sample to be sure your blood count is acceptable

Travel to or birth in other countries

Blood donor tests may not be available for some infections that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.

If you are eligible to donate we will:

- Clean your arm with an antiseptic. Tell us if you have any skin allergies
- Use a new, sterile, disposable needle to collect your blood

WHAT HAPPENS AFTER YOUR DONATION

To protect patients, your blood is tested for several types of hepatitis, HIV, syphilis, and other infections. If your blood tests positive it will not be given to a patient. There are times when your blood is not tested. If this occurs, you may not receive any notification. You will be notified about any positive test result which may disqualify you from donating in the future. The blood center will not release your test results without your written permission unless required by law (e.g. to the Health Department).

Possible side effects of blood donation:

- During donation, some donors may feel light-headed or nauseous, and a few even faint.
- After donation occurs, donors occasionally experience pain or bruising of the arm, an allergic reaction to the chlorhexidine or iodine scrub, light-headedness, fainting or rapid heartbeat.
- In rare instances, donors may experience damage to a nerve or local infection.



What should you do if you think you should not donate?

- You could leave without giving blood.
- You could continue through to the history booth and talk with the health historian.
- You could call us back after the donation and let us know confidentially that we should not use your blood donation. Your name may then be entered on our list of permanently deferred donors.

DONOR ELIGIBILITY – SPECIFIC INFORMATION

Certain diseases, such as AIDS and hepatitis, can be spread through sexual contact and enter your bloodstream. We will ask specific questions about sexual contact.

What do we mean by “sexual contact?”

The words “have sexual contact with” and “sex” are used in some of the questions we will ask you, and apply to any of the activities below, whether or not a condom or other protection was used:

- Vaginal sex (contact between penis and vagina)
- Oral sex (mouth or tongue on someone’s vagina, penis, or anus)
- Anal sex (contact between penis and anus)

HIV/AIDS risk behaviors

HIV is the virus that causes AIDS. It is spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person for injecting drugs.

Do not donate if you:

- Have ever had HIV/AIDS or have ever had a positive test for the HIV/AIDS virus
- Have used needles to take any drugs not prescribed by your doctor IN THE PAST 3 MONTHS
- Are a male who has had sexual contact with another male, IN THE PAST 3 MONTHS
- Have taken money, drugs or other payment for sex IN THE LAST 3 MONTHS
- Have had sexual contact IN THE LAST 3 MONTHS with anyone who has ever had HIV/AIDS or has ever had a positive test for the HIV/AIDS virus, ever taken money, drugs or other payment for sex, or ever used needles to take any drugs not prescribed by their doctor
- Have had syphilis or gonorrhea IN THE PAST 3 MONTHS
- Are a female who has had sexual contact IN THE PAST 3 MONTHS with a male who has had sexual contact with another male IN THE PAST 3 MONTHS
- Have been in juvenile detention, lockup, jail or prison for 72 or more consecutive hours IN THE PAST 12 MONTHS
- Have a history of Ebola virus infection or disease

DO NOT donate to get a test! If you think you may be at risk for HIV/AIDS or any other infection, do not donate simply to get a test. Ask us where you can be tested outside the blood center.



DO NOT donate if you have these symptoms which can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

Your blood can transmit infections, including HIV/AIDS, even if you feel well and all your tests are normal. This is because even the best tests cannot detect the virus for a period of time after you are infected.

IMPORTANT NEW INFORMATION

DO NOT DONATE if you:

- **Are taking any medication to prevent HIV infection, these medications may be known by you under the following names: PrEP, PEP, TRUVADA, or DESCovy.**
- **Have taken such a medication in the past 3 months.**
- **Have EVER taken any medication to treat HIV infection.**

DO NOT donate if your donation might harm the patient who receives the transfusion.

Thank you for donating blood today!

MGH Blood Donor Center



Some medications affect your eligibility as a blood donor, for the following reasons:

Anti-platelet agents affect platelet function, so people taking these drugs should not donate platelets for the indicated time. You may still be able to donate whole blood or red blood cells by apheresis.

Anticoagulants or “blood thinners” are used to treat or prevent blood clots in the legs, lungs, or other parts of the body, and to prevent strokes. These medications affect the blood’s ability to clot, which might cause excessive bruising or bleeding when you donate. You may still be able to donate whole blood or red blood cells by apheresis.

Isotretinoin, finasteride, dutasteride acitretin and etretinate can cause birth defects. Your donated blood could contain high enough levels to damage the unborn baby if transfused to a pregnant woman. Once the medication has been cleared from your blood, you may donate again.

Thalomid (thalidomide), Erivedge (Vismodegib), Odomzo (sonidegib), Aubagio (teriflunomide), and Rinvoq (upadacitinib) may cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

Cellcept (mycophenolate mofetil) and Arava (leflunomide) are immunosuppressants which may cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

PrEP or pre-exposure prophylaxis involves taking a specific combination of medicines as a prevention method for people who are HIV negative and at high risk of HIV infection.

PEP or post-exposure prophylaxis is a short-term treatment started as soon as possible after a high-risk exposure to HIV to reduce the risk of infection.

ART or antiretroviral therapy is the daily use of a combination of HIV medicines (called an HIV regimen) to treat HIV infection.

Hepatitis B Immune Globulin (HBIG) is an injected material used to prevent hepatitis B infection following a possible or known exposure to hepatitis B. HBIG does not prevent hepatitis B infection in every case, therefore, persons who have received HBIG must wait to donate blood.

Experimental Medication or Unlicensed (Experimental) Vaccine is usually associated with a research study, and the effect on the safety of transfused blood is unknown.

Donors SHOULD NOT discontinue medications prescribed or recommended by their physician in order to donate blood.



MEDICATION DEFERRAL LIST

SOME MEDICATIONS MAY AFFECT YOUR ELIGIBILITY TO DONATE BLOOD.
PLEASE TELL US IF YOU...

Are being treated with the following types of medications....	or have taken...	which is also called...	anytime in the last....
Anti-platelet agents (usually taken to prevent stroke or heart attack)	Feldene	piroxicam	2 days
	Effient	prasugrel	3 days
	Brilinta	ticagrelor	7 days
	Plavix	clopidogrel	14 days
	Ticlid	ticlopidine	
	Zontivity	vorapaxar	1 Month
Anticoagulants or "blood thinners" (usually to prevent blood clots in the legs and lungs and to prevent strokes)	Arixtra	fondaparinux	WB Donation Only (NO FFP or SDP)
	Xarelto	rivaroxaban	
	Fragmin	dalteparin	
	Lovenox	enoxaparin	
	Pradaxa	dabigatran	
	Eliquis	apixaban	
	Savaysa	edoxaban	
	Coumadin Warfilone Jantoven	warfarin	7 days
Acne treatment	Heparin, Low molecular weight heparin		1 Month
	Accutane	isotretinoin	
	Amnesteem		
	Absorica		
	Claravis		
	Myorisan		
	Sotret		
Zenatane			
Multiple myeloma	Thalomid	thalidomide	1 Month
Rheumatoid arthritis	Rinvoq	upadacitinib	
Hair loss remedy	Propecia	finasteride	
Prostate symptoms	Proscar	finasteride	
	Avodart Jalyn	dutasteride	6 Months
Immunosuppressant	Cellcept	Mycophenolate mofetil	6 Weeks
HIV Prevention (PrEP and PEP)	Truvada, Descovy, Tivicay, Isentress	Tenofovir, emtricitabine, dolutegravir, raltegravir	3 Months
Basal cell skin cancer	Erivedge Odomzo	vismodegib sonidegib	24 months
Relapsing multiple sclerosis	Aubagio	teriflunomide	
Rheumatoid arthritis	Arava	leflunomide	
Hepatitis exposure	Hepatitis B Immune Globulin	HBIG	12 months
Experimental Medication or Unlicensed (Experimental) Vaccine			12 months
Psoriasis	Soriatane	acitretin	3 years
	Tegison	etretinate	Ever
HIV treatment also known as antiretroviral therapy (ART)			



Thank you for coming to donate blood today!

Iron and Blood Donation

It is important for you to understand how the donation of blood affects your iron and hemoglobin levels.

Iron is a part of hemoglobin, the protein that carries oxygen in your red blood cells and gives them their red color. When you give blood, you give some of your body's iron contained in the donated red blood cells. The iron lost from blood donation can be replaced from dietary sources. However, for some groups of people, blood donation is more likely to cause iron levels to drop below normal. These groups include young donors (age <26 yrs.), pre-menopausal women, and frequent blood donors.

Low iron stores may impair the ability of the body to make red blood cells, and result in anemia ("low blood count"). This is one reason we test a donor's hemoglobin level before each blood donation. However, iron stores can sometimes be low even before a person's hemoglobin level starts to decrease. People with low body stores of iron sometimes experience fatigue, reduced exercise capacity, or have a craving to chew ice or chalk ("pica"). There are other tests that your doctor can order to determine more accurately if your body stores of iron are low.

Depletion of iron stores can usually be prevented by eating a well-balanced diet, or by supplementing it with multivitamins that contain iron. However, recent studies indicate that a significant number of blood donors become iron-depleted from blood donation and that iron supplementation helps iron stores to recover. Therefore, the MGH Blood Donor Center provides iron supplements that may be taken for about 2 months after blood donation. Blood donors who should consider taking oral iron supplements include:

- 1) Young donors (<26 yrs.)
- 2) Pre-menopausal women
- 3) Frequent blood donors
 - a. Men who donate whole blood three or more times in a 12-month period
 - b. Women who donate whole blood two or more times in a 12-month period
 - c. Any donor who has donated 5 or more platelet donations in the last 2 months.

If you decide to take iron supplements:

- 1) Please keep them away from children, as iron can be toxic to them.
- 2) Follow the dosage instructions of the supplement exactly.
- 3) Avoid taking the iron at the same time with other supplements (like calcium or a multivitamin) or with coffee or tea to avoid interfering with iron adsorption.

You should discuss any questions or concerns about taking iron supplements with your doctor.

If you would like to learn more about iron, blood donation, and how to avoid low iron stores, please ask the interviewer in the history booth for our "FAQs" or check out the information on our website: www.massgeneral.org/blooddonor