

**REQUIREMENTS FOR  
DONATING BLOOD**

- Must be free of cold/flu symptoms 48 hours
- Weigh at least 110 lbs
- Maintain normal eating habits and have eaten within 6 hours prior to donating
- Drink plenty of fluids before and after donation
- Most medicines are not a reason for deferral  
No deferral for Tetanus or Flu Shot

**Eat Foods High in Iron and Vitamin C**

<u>Iron</u>	<u>Vitamin C</u>
Broccoli	Broccoli
Eggs	Cabbage
Dried Beans	Cantaloupe
Dried Fruit	Cauliflower
Nuts	Citrus Fruits
Peanut Butter	Potatoes
Strawberries	Strawberries
Meats & Poultry	Tomatoes

**Do Not Donate If The  
Following Conditions Apply To You:**

- AIDS:** You are a person with symptoms or laboratory evidence of HIV virus.
- CANCER:** Leukemia, Lymphoma, multiple myeloma and all other hematologic malignancies.
- HEART DISEASE:** Heart failure or coronary artery disease. Other heart conditions may require doctor's note.
- HEPATITIS:** A history of the disease after the age of 10, or a positive lab test for the virus.
- ORGAN FAILURE:** Kidney, lung, or liver failure.
- RECREATIONAL DRUG USE (by injection):** Having injected yourself with drugs not prescribed by a physician.
- UNITED KINGDOM/EUROPE:** If you spent a cumulative total of 3 months or more in the United Kingdom from 1980 through 1996. Or, a cumulative total of 5 years from 1980 to present in Europe.

**COMMON CONDITIONS  
DEFERRAL STATUS**

Allergy.....	No wait
Abortion/Miscarriage.....	6 week wait if pregnancy terminated in 3rd trimester, otherwise no wait
Acupuncture.....	Must use sterile, disposable needles
Alcohol Consumption.....	No wait unless intoxicated
Anemia (past diagnosis).....	No wait if corrected
Blood donation (Apheresis).....	72 hours
Blood donation (Whole Blood).....	8 weeks
Blood or Plasma transfusion.....	12 months
Cough, cold, sore throat.....	Until well, no symptoms
Diabetes.....	No wait if medically controlled
Ear & Body Piercing.....	See acupuncture
Electrolysis.....	See acupuncture
Hepatitis Contact.....	Depends on contact
Herpes.....	No wait if medically controlled
High Blood Pressure.....	No wait if medically controlled
Malaria.....	3 years
Immigration from Malarial area.....	3 years
Travel to Malarial area.....	1 year
Oral surgery, root canal or tooth extraction.....	72 hours
Pregnancy.....	6 week wait after delivery
Recent surgery.....	When released from MD's care
Syphilis.....	12 months
Tattoo.....	12 months
Cancer.....	18 mos. after treatment complete, cancer-free

**Medications**

Allergy Medications.....	No wait
Antibiotics.....	24 - 48 hours
High blood pressure medicine.....	No wait
Oral contraceptives.....	No wait
Tetracycline for acne.....	No wait
Vitamins.....	No wait



Stanford Medical School  
Blood Center

**For more information, please call the  
Resource Nurse at (650) 725-9968**