



DONOR SELF-SCREENING INFORMATION

The goal of the UCLA Blood & Platelet Center is to provide patients with safe blood collected from volunteer donors. Like all other facilities in the nation that collect blood, we must follow FDA rules about who may donate.

The following is information that may help you determine if you are eligible to donate:

AGE: You must be 18 years of age or older (donors under 18 years of age require a UCLA Blood and Platelet Center parental consent form); there is no upper age limit. Call prior to scheduling an appointment if you are under the age of 18. The parental consent can be found at gotblood.ucla.edu.

WEIGHT: You must weigh at least 110 pounds.

FEELING WELL: You must be well and healthy with no cold or flu symptoms (fever, sore throat, productive cough, stomach/intestinal problems, etc.) in the past 3 days or no cold or flu medications in the past 24 hours. You must not have any open cuts or wounds.

MEDICATION: Most medications are acceptable.

- ◆ Antibiotics (except for acne) -- You must wait at least **3 days** after you have completed the full course of treatment and are currently symptom free.
- ◆ Certain oral medications for psoriasis, severe acne, hair loss or enlargement of the prostate may make it unacceptable for you to donate.
- ◆ Blood pressure medication is acceptable if your blood pressure is within acceptable limits.
- ◆ FOR PLATELET DONATIONS: You must be off aspirin or aspirin containing medications for **3 days prior to your donation**. (For example, if the last dose was taken on Monday, you may not donate platelets until Thursday.) You must be off platelet inhibitor medications such as Brilinta (ticagrelor), for **7 full days**, or for Plavix (clopidogrel), or Ticlid (ticlopidine), for **14 full days** prior to donating platelets.

PREGNANCY:

- ◆ Six weeks must have passed since the end of your last pregnancy, including miscarriage or abortion.

TRAVEL TO A FOREIGN COUNTRY:

- ◆ You must **not** donate if you have traveled to a malaria risk area within the past 12 months for more than 24 hours.
- ◆ You must **not** donate if you have lived in a malaria endemic area for five or more consecutive years before you moved to a non-malaria endemic area. Additionally, you must then have lived in the new location for three or more consecutive years without any travel to a malaria endemic area.
- ◆ Call prior to scheduling an appointment if you have ever had malaria.
- ◆ You must **not** donate if you have visited or lived in the United Kingdom (U.K.) for more than 3 months (total) between 1980 through 1996.
- ◆ You must **not** donate if you have received a blood transfusion in France or England since 1980.
- ◆ You must **not** donate if you have spent 5 years or more (total) in Europe since 1980, including time spent in the U.K.
- ◆ Call prior to scheduling an appointment if you lived on a US military base in Europe for 6 months or more from 1980-1996.

RECENT SURGERY:

- ◆ You must be 6 weeks' post-surgery, completely healed, released from doctor's care and have had no blood transfused (except blood that you donated for yourself).

TATTOO: You must **not** donate if you received a tattoo in the past 12 months from a state that is not regulated or an unlicensed facility. The tattoo must be fully healed. **Unregulated States:** District of Columbia, Georgia, Idaho, Maryland, Massachusetts, Nevada, New Hampshire, New York, Pennsylvania, Utah and Wyoming.

PIERCINGS: Persons who have had an ear, navel or eyebrow piercing in the past 12 months may donate if the procedure was performed in a commercial establishment with sterile needles or by a physician.

You must **not** donate if you have had a genital, lip, mouth or nose piercing in the past 12 months.

HEPATITIS: You must **not** donate if you have lived with (or had sexual contact) in the past 12 months with someone who has hepatitis.

IF YOU HAVE ANY OF THESE MEDICAL CONDITIONS or HIGH RISK ACTIVITIES—YOU MUST NOT DONATE:

- ◆ You must **not** donate if you have ever taken money or drugs for sex.
- ◆ You must **not** donate if you are a male who has had sex with another male in the past 12 months.
- ◆ You must **not** donate if you have ever injected drugs not prescribed by a doctor.
- ◆ You must **not** donate if you have had sex in the past 12 months with someone who has done one of the above.
- ◆ You must **not** donate if you have had or been treated for syphilis or gonorrhea in the past 12 months.
- ◆ You must **not** donate if you have been diagnosed with HIV/AIDS, Hepatitis B, or Hepatitis C.

Eat well, drink extra fluids (suggest 2 quarts per day) for two days prior to your donation, and avoid fatty foods.

WE REQUIRE A PHOTO ID ON THE DAY OF DONATION. We look forward to seeing you! Our staff can help evaluate your specific medical questions. Please call (310) 825-0888 x2 or email us at gotblood@mednet.ucla.edu.