

EPILEPSY: You may donate if you have been seizure free for 3 months with or without medication.

FREQUENCY: You may donate once every 56 days (You can donate on the 56th day).

HEART PROBLEMS: call the Collections Department at the toll free number above.

HEPATITIS: If you have had hepatitis on or after age 11, you may not donate blood.

HIGH BLOOD PRESSURE: You may donate if you are taking medications to control your blood pressure AND if your blood pressure is within the acceptable range on the day of donation. A past history of high blood pressure will not defer you.

IMMUNIZATIONS: Call the Collections Department at the toll free number above. There is no deferral period for routine flu shots, pneumonia shots or routine hepatitis vaccines. Hepatitis vaccines following exposure to hepatitis are a twelve month deferral from date of exposure.

MEDICATIONS: Most medications do not interfere with donating blood, however, you will need to be evaluated the time of donation or call the Collections Department at the toll free number listed. Antibiotics for a current infection require a 48 hour deferral. Antivirals are a 48 hour deferral from the time of the last dose.

NURSING MOTHERS: A nursing mother may donate blood.

PREGNANCY: A woman may donate blood 6 weeks after a normal delivery, abortion, miscarriage or caesarean section, if she has been released from physician's care and returned to normal activity.

SURGERY: If you are released from the doctor, have no stitches, did not receive a blood transfusion, and are back to normal activity - ok to donate; otherwise, call the Collections Department at the above toll free number

TATTOOS: You must wait 12 months after the date of receiving a tattoo.

TRAVEL: Call the Collections Department at the toll free number listed above, if travel is outside of U.S. and Canada.

WEIGHT: Your minimum weight must be 105 pounds.