

Donor Eligibility

Many potential blood donors believe that they can't donate blood due to medical or other reasons. But whether you've heard or read information about donation restrictions or been turned down in the past, please do not self-defer. You may be able to say "Yes I can!" and share your power through blood donation. If you have questions about any of the subjects below, please [contact us](#) for more information.

Anemia/Low Iron

Anemia is a condition that, if caused by low iron body reserves, can be corrected with a change in diet. Eating many types of red meat, fortified cereal and leafy green vegetables may help.

Medication

While many medications may prevent you from giving blood, you may still be able to donate while taking medications in the treatment of non-infectious diseases such as arthritis, chronic pain, gout, etc.

High Blood Pressure

If your blood pressure is under control, you may still be able to donate blood while taking most medications for high blood pressure.

Diabetes

If your diabetes is being treated and is under control, you are most likely able to donate blood. You should let your doctor know that you plan to donate.

Cancer

Most localized skin cancers are not a reason to stop you from donating blood. Because many different types of cancer exist, we will ask you a few questions regarding your diagnosis, and in some cases the blood center medical director may make the final determination on the deferral. Most often, people who are free of relapse a year after completion of treatment are able to donate blood.

Tattoos and Body Piercing

People who received a tattoo at a state-licensed and regulated facility are now eligible to donate once the area has healed. People who received a tattoo at a non-regulated facility must wait 12-months before they can donate.

People who received any type of body piercing done with single use equipment are now eligible to donate once the area has healed. All other types of piercings require a 12-month wait before donating.

Age

OneBlood welcomes blood donations from donors 16 years old and older. 16 year-old donors, however, must present a [signed permission form](#) from their parent or a guardian before the donation.

And you are never too old to donate. If you are in good health, and qualify for other eligibility guidelines, you can donate blood regardless of age. A number of regular donors over the age of 80 give blood with OneBlood.

Travel or Former Residence

Those who lived in the United Kingdom for a total of 3 months or more from 1980-1996, as well as long term residents in several European countries during that period, are ineligible to donate blood. There are several travel locations that may cause a 1-year deferral, such as parts of Mexico, China and the Philippines, as well as tropical areas where malaria is endemic.

Surgery or Minor Illnesses

Donors are required to feel well at the time of donation, so a cold, flu or allergies may temporarily prevent someone from donating. Donors must wait at least 24 hours for many minor surgeries, including dental work. Donors should rely on our screening process to determine surgery or illness deferrals. Many times the blood center medical director may make this determination.

Pregnancy

Pregnant women are not eligible to donate blood, but they become eligible six weeks after giving birth. Women who are nursing are encouraged to drink plenty of water both before and after donating blood.

Because of a medical condition known TRALI (transfusion-related acute lung injury), blood centers may question women about prior pregnancies. The question is intended to protect the recipient of the donated blood, since pregnancy may cause women to develop antibodies that could harm a recipient patient.

!