

## **Boston Children's Hospital Donor Eligibility Guidelines**

**Weight:** Donors must weigh at least 110lbs

**Age:** 16\* & older for whole blood, 17 for platelet and double red cells.      \*16 with signed parental consent form

**Previous donations:** Whole blood donations at least 56 days ago (8 weeks), platelets at least 14 days ago (2 weeks), double red cells at least 112 days ago (16 weeks).

Donors should eat a satisfying meal and drink plenty of water before presenting to donate blood.

Medical Conditions	Can I Donate?	Medications	Can I Donate?
Active allergies (no symptoms today)	YES	Accutane for acne w/in 4 weeks	NO
Asthma (asymptomatic)	YES	Antibiotics for acne	YES
Blood transfusion (more than 3 months ago)	YES	Antibiotics, more than 24 hours ago	YES
Cancer (1 year after end of treatment)	YES	Aspirin/Advil	YES (Whole Blood)
Cold (active)	NO	Aspirin/Advil (within 48 hours)	NO (Platelets)
Dental Work	YES	Birth Control	YES
Diabetes	YES		
Epilepsy or seizures (none w/in 6 months)	YES		
Fever	NO		
Heart Attack (within 12 months)	NO		
High blood pressure (controlled with meds)	YES		
Influenza	NO		
Lyme Disease (1 year after end of treatment)	YES		
Piercings/ Tattoos (performed in licensed, sterile facility)	YES		
Post Pregnancy (At least 6 weeks after end of pregnancy)	YES		
Pregnant	NO		
Sutures/ Stitches (still in place)	NO		

Vaccinations	Can I Donate?
Chicken Pox (4+ weeks ago)	YES
COVID-19 (Moderna, Pfizer, J&J)	YES
Hepatitis B (28+ days ago)	YES
Influenza	YES
MMR (4+ weeks ago)	YES
Tetanus (3+ weeks ago)	YES

Travel	Can I Donate?
Visited/lived in UK longer than 3 months between 1980-1996	YES
Visited/lived in France or Ireland for total of 5yrs from 1980-2001	YES

**This is NOT an all-inclusive list. If you have questions regarding your donor eligibility, call the Blood Donor Center at 617-355-6677.**

