

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 17 years of age or older (donors under 17 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 17. The parental consent form can be found at uclahealth.org/gotblood

WEIGHT: You must weigh a minimum of 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.
- ◆ **DO NOT DONATE** if you have **EVER** taken any medication **to treat HIV infection**.
- ◆ **DO NOT DONATE** if you have taken any medication **to prevent HIV infection** by mouth in the past 3 months, or by injection in the past 2 years. These medications may be called: PrEP, PEP, TRUVADA, DESCOVY, APRETUDE or many other names.
- ◆ 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 **48 hours 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:

- ◆ You must not currently be pregnant.
- ◆ Six weeks must have passed since the end of your last pregnancy, including miscarriage or abortion.
- ◆ **FOR PLATELETS:** If you have **ever** been pregnant (including miscarriages and abortions), you must be tested for human leukocyte antigen (HLA) antibodies, and the results of the test must be negative. Contact us to be tested for HLA antibodies. For more information, visit our website and review the HLA Antibody Education Material.

TRAVEL TO A FOREIGN COUNTRY:

- ◆ You must **not** donate if you have traveled to a malaria risk area within the past 3 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 country. Additionally, you must then have lived in the new location for three or more consecutive years without any travel to a malaria endemic country.

- Call prior to scheduling an appointment if you have ever had malaria.

RECENT SURGERY:

- You must be 6 weeks' post-surgery, completely healed, released from doctor's care and, if transfused, received only blood that you donated for yourself.

TATTOO: You must **not** donate if you received a tattoo in the past 3 months in an unlicensed facility or in a state that does not regulate tattoo art. 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: People who have had an ear, navel or eyebrow piercing in the past 3 months may donate if the procedure was performed in a commercial establishment or physician's office with single use equipment.

You must **not** donate if you have had a genital, lip, mouth or nose piercing in the past 3 months.

HEPATITIS: You must **not** donate if you have lived with or had sexual contact with a person who has hepatitis in the past 3 months.

PER FDA GUIDELINES, YOU MUST NOT DONATE IF YOU MEET ANY OF THE FOLLOWING:

- If you have had a blood transfusion in the past 3 months.
- If you have had a transplant or graft within the past 3 months.
- If you have come in contact with someone else's blood or had an accidental needle-stick in the past 3 months.
- If you have had sexual contact in the past 3 months with anyone who has ever had a positive test for HIV infection.
- If you have had sexual contact in the past 3 months with anyone who has, in the past 3 months taken money, drugs or other payment for sex.
- If you have had sexual contact in the past 3 months with anyone who has used needles in the past 3 months to inject drugs, steroids, or anything not prescribed by their doctor.
- If you have had sexual contact with a new partner **and** have had anal sex in the past 3 months.
- If you have had sexual contact with more than one partner **and** have had anal sex in the past 3 months.
- If you have or been treated for syphilis or gonorrhea in the past 3 months.
- If you have used needles to inject drugs, steroids, or anything not prescribed by your doctor in the past 3 months.
- If you have received money, drugs, or other payment for sex in the past 3 months.
- You must **not** donate if you have had a positive test for HIV infection, Hepatitis B, or Hepatitis C.
- If you have been in juvenile detention, lockup, jail or prison for 72 hours or more consecutively in the past 12 months.

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