

Blood Donor Criteria

1. Donors must weigh more than 45 kilograms and be in good health.
2. Donors must be between the ages of 17-70 years. Those who are 17 years of age and wish to donate must have permission from parents. A first time donor must be less than 55 years old.
3. Donors may not have diarrhea or symptoms of a fever 7 days before donating.
4. Women donors may not be pregnant, or breastfeeding at the time of donation. Women may not donate if they have delivered, or have had an abortion within the last six months.
5. Donors may not donate if they have experienced a drastic loss of weight, without knowing the cause, within the last 3 months.
6. Donors who take aspirin or other pain medicines must have stopped taking medicine for 3 days before donating. Donors who take antibiotics need to have stopped taking antibiotics for 7 days before donating.
7. Donors may not have asthma, chronic skin conditions, tuberculosis or other allergies.
8. Donors may not have high blood pressure, diabetes, heart disease, liver disease, kidney disease, thyroid condition, cancer, etc.
9. Donors who have had tooth extraction, filling, scaling, or root canal treatment must allow 3 days to pass before donating.
10. Donors who that have undergone any major surgery must wait 6 months before donating. Donors that have undergone any minor surgery must wait 1 month before donating.
11. Donors and their marriage/ sexual partners may not practice risky sexual behavior.
12. Donors may not have any record of drug addiction-if a having served term, donors must wait at least 3 years before donating, and be in good health.
13. Donors that have ear piercings, body tattoos, erasing of body tattoos or received acupuncture, must wait more than 1 year after their procedure to donate.
14. Donors who have a record of receiving treatment with a blood transfusion must wait more than 1 year to donate blood.
15. Donors who that have a record of malaria, or had been infected, must have no symptoms or be cured for at least 3 years before donating blood. Donors who have been to

places that have known malaria outbreaks must not allow one year to pass before being able to donate blood.

16. Donors must not have received any vaccinations 14 days or serum 1 year before to donating.

Preparation: Before-After

Preparation before donating blood:

1. Donors must get enough sleep the day before donating blood.
2. Donors must be in excellent health and not taking any antibiotics.
3. Donors must have eaten prior to donating. Refrain from eating food high cholesterol food for example: steamed rice with chicken, rice with stewed pork, fried dishes, sweet dishes, and dishes made with coconut, etc. These foods will make the color of the plasma turn into a blurry, opaque white, which cannot be used.
4. Donors must drink 3-4 glasses of pure water followed by fruit juice, milk, and sweet drinks to increase the amount of blood flow in the body. It will also help protect side effects after the donation such as weariness and dizziness.
5. Refrain from drinking alcohol 24 hours prior to donating blood.
6. Refrain from smoking before and after donating blood for 1 hour so the lungs can produce good blood.

During the donation:

1. Donors are advised to wear a shirt that doesn't have tight sleeves and can fold up above the elbow 3 inches.
2. Choose the arm where the Black blood vein is clearly visible. This way, the blood will be able to flow constantly into the bag. The area of the skin that is punctured should not have rashes or bruises. If you are allergic to the antiseptic like alcohol, please inform the nurses.
3. Donors must be calm, not afraid, or scared.
4. Donors must not chew gum or candy while donating blood.
5. During the donation of blood, donors should squeeze the rubber ball constantly to let the blood flow. If donors have abnormal conditions such as dizziness, symptoms of fainting, numbness, please inform the nurses in the area.

6. After donating blood, rest on the bed DO NOT IMMEDIATELY GET OFF because this may cause dizziness that can lead to fainting. Rest for a while until you feel better then consume food and drinks provided.

After the donation:

1. Donors are advised to drink the water provided and drink more water than usual for one day.
2. Donors must refrain from going into saunas or exercising that produces a lot of sweat. Donors are also advised to reduce the work use of the arm that was punctured for 12 hours after donation.
3. Donors must not rush to get up, please rest until you are sure that you are normal again. If there is any dizziness or symptoms of fainting, please inform the nurses immediately.
4. Do not be surprised if blood comes out of the puncture wound. Use your other hand to press down on the bandage, put pressure and lift the arm up high for 3 to 5 minutes. If blood is still coming out, please see the doctor or the nurses.
5. Donors must refrain from climbing up to high places.
6. Donors are advised to consume food with iron and take the medications given once a day until finished.
