



BLOOD BANK OF ALASKA

BLOOD GUIDELINES

ALLOGENEIC WHOLE BLOOD DONATIONS

The major source of blood and blood components in the United States comes from allogeneic or volunteer whole blood donors. These donors freely give blood to the blood center for use by patients. Allogeneic donors may donate whole blood every 56 days.

Being a whole blood donor is safe, simple, and very fulfilling. You can help as many as three to four different patients with just one donation. The entire whole blood donation process takes about an hour. Blood cannot be manufactured. Individuals who give blood assure an adequate supply is available - possibly saving someone's life. Your donation is definitely needed!

Criteria For Donating Whole Blood

- Must be at least 16 or 17 years old. 16 or 17 year olds can donate blood with a signed parental consent form.
- Weigh at least 113 pounds
- Be in good health
- Eat normally prior to donation

You may NOT donate blood if you have or have had:

- Hepatitis
- Internal malignancy (cancer) in the past 5 years.
- I.V. drug use not prescribed by a physician.
- Exposure to variant Creutzfeldt-Jakob Disease (vCJD) from travel or living in United Kingdom and Europe.
- Belonged to a group at high risk of developing AIDS.
- Sexual contact with AIDS patient or with a member of a group at high risk of contracting AIDS.
- Unexplained night sweating, skin eruptions, fevers, weight loss, swollen lymph nodes or persistent diarrhea.
- Sexual contact with a prostitute or with the client of a prostitute in the last 12 months

Information about Eligibility

There are many permanent and temporary reasons why someone may not be eligible to donate blood. Some common reasons are listed in the Table at the right.

Most people with diabetes and most people on medications other than those noted below are eligible to donate blood. For specific medical eligibility guidelines, call us at (907) 222-5600.

Medications and Health Conditions • (907) 222-5600

Blood transfusion or tissue transplant	12 months after receiving blood
Cancer	Contact BBA for more information
Cold, sore throat, flu, cough	3 days after symptoms end
Ear or body piercing	No wait if Blood Bank of Alaska has approved facility; 12 month wait if facility is not approved
Flu vaccination	24 hour wait
Heart disease	Contact BBA for more information
Hepatitis B vaccination	1 month wait
Jail or prison - more than 72 hours	12 month wait
Not feeling well for any reason	Until symptoms end
Pregnancy, abortion or miscarriage	6 weeks after end of pregnancy
Surgery	After healed and released from doctor's care
Syphilis or Gonorrhea	12 months after treatment completed
Tattoo or permanent cosmetic	One month wait if Blood Bank of Alaska has approved facility; 12 month wait if facility is not approved
Travel to area at risk for malaria	12 months after return. Visit: www.CDC.gov for more info.

Medications Waiting Time

- Accutane, Proscar and Propecia: 4 weeks after taking last dose
- Antibiotics: Depends on reason for taking medication. Generally, can donate after taking last dose
- Mercaptopurine: Contact BBA for more info. (907) 222-5600
- Methotrexate: Contact BBA for more info. (907) 222-5600
- Soriatane: 3 years after taking last dose
- Tegison: Cannot donate



Anchorage Main Blood Center

4000 Laurel Street
Anchorage, AK. 99508
(907) 222-5600
Appointments: 222-5630

South Anchorage Blood Center

800 E Dimond Blvd.
Anchorage, AK 99515
(907) 344-5021
Appointments: (907) 222-5630

Fairbanks Blood Center

3010 Airport Way
Fairbanks, Alaska 99709
(907) 456-5645
Appointments: (907) 456-5645

Give Blood • Give Life

Rev: 032310

Appointments preferred • Walk-ins welcome as time permits • For more information & hours of operation, please visit our website at: www.bloodbankofalaska.org