Blood Donor Guidelines
To qualify, donors must meet these FDA requirements:

- Be at least 17 years old (no upper limit), healthy, feel well on day of donation.
- Weigh at least 110 pounds.
- No dental surgery within 72 hours prior to donation.
- Not currently taking antibiotics for an infection. Acne treatment is OK.
- Not taking the medications Accutane, Proscar, Propecia, Absorica, Claravis, Myorisan, Sotret, or Zenatane in the past 30 days.
- Not taking the medications Avodart or Jalyn in the past 6 months, Soriatane in the past 3 years or ever taken Tegison.
- No travel to a malaria area in the past 12 months.
- Tattoos or permanent makeup from licensed California institutions are OK (healed and no signs of infection). 12 month deferral if received from a non-licensed facility or outside of California.
- Ear and body piercing is OK if done with sterile, single-use needles. 12-month deferral if other methods used.
- Cancer-free during the last year. OK if treated for localized skin cancer.
- Never used intravenous or IV drugs.
- No history of hepatitis after the age of 11. No close contact in the past 12 months with someone who has hepatitis.
- No history of HIV (AIDS).
- Male donors must not have had sex with another male (even once) since 1977.
- Cannot donate if you have:
  - Spent a combined total of 3 months or more in the United Kingdom from 1980-1996.
  - Spent a combined total of 5 years or more in Europe from 1980 -the present (including time spent in the UK from 1980-1996).
  - Resided on a US military base in Europe for 6 months or more from 1980-1996.

To Make an Appointment to Donate Blood, Platelets, or Plasma
Please call 1-877-71- BLOOD (1-877-712-5663).
On the day of your donation, be sure to have something to eat and extra water to drink!

PARKING VALIDATED FOR ALL CSMC LOTS ONLY!