

BLOOD DONOR GUIDELINES

To qualify to donate, donors must meet these FDA requirements:

- Must be at least 17 years old (no upper limit), healthy, and feel well on day of donation.
- Weigh at least 110 pounds.
- No dental surgery within 72 hours prior to donation.
- Must not currently be taking antibiotics for an infection. Acne treatment is OK.
- Not taking the medications Proscar, Propecia, Accutane, Absorica, Amnesteem, Claravis, Myorisan, Sotret, or Zenatane in the past 30 days.
- Not taking the medications Avodart or Jalyn in the past 6 months, Aubagio, Erivedge or Odomzo in the past 2 years, 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 (provided they have healed and there are no signs of infection). If received from a non-licensed facility or outside of California, donor cannot donate for 12 months.
- 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 drugs that were not prescribed by a physician and have not received an accidental needle stick in the last 12 months.
- No close contact in the past 12 months with someone who has hepatitis.
- No history of HIV (AIDS).
- 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 through 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.

Visit [cedars-sinai.org/donateblood](https://www.cedars-sinai.org/donateblood) or call 310-423-5346 to make an appointment.

When donating, be sure to:

- Bring a photo ID
- Be in good health
- Weigh at least 110 lbs.
- Eat a good meal and drink extra water
- 16 and 17 year olds must have a signed Parental Consent Form



CEDARS-SINAI®

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Cedars-Sinai ■ Blood Donor Services

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Toll-Free: 1-877-71-BLOOD (1-877-712-5663) ■ [cedars-sinai.edu/donateblood](https://www.cedars-sinai.edu/donateblood)