

Common Donor Eligibility Criteria

Below are guidelines that address some of the criteria that may render one unable to donate (deferred). Questions regarding donor eligibility should be referred to an Inland Northwest Blood Center (INBC) collection staff member. Staff are available by calling 800-423-0151.

To Be Eligible To Donate Blood, Donors Must:

- Be at least 16 years old (16 and 17 year old donors need a completed INBC *Minor Donor Consent* form). There is no upper age limit.
- Be in general good health including free of any cold or flu virus symptoms.
- Wait one year from the date they had a body tattoo or piercing.
- Wait one day following the completion of their last dose of antibiotics.
- Wait six weeks following pregnancy (including delivery, miscarriage, or abortion).
- Not have participated in activities that would put them at risk for infectious diseases such as Hepatitis or HIV.

For Whole Blood:

- Donors need to weigh at least 110 pounds (16 and 17 year old donors must weigh at least 120 pounds and be at least 5'4" tall).
- Ensure it has been 56 days (8 weeks) since your last whole blood donation and no more than 6 times per year.

Double Red Blood Cell:

- Male donors need to be at least 130 pounds and at least 5'1" tall (16 and 17 year old donors must weigh at least 130 pounds and be at least 5'4" tall).
- Female donors need to be at least 150 pounds and at least 5'5" tall (age 16 and older).
- Ensure it has been 112 days (16 weeks) since your last double red cell donation and no more than 3 times per year.

Platelet and Plasma:

- Donors need to weigh at least 110 pounds (16 and 17 year old donors must weigh at least 120 pounds and be at least 5'4" tall).
- Ensure it has been 28 days (4 weeks) since your last platelet and plasma donation and no more than 24 times per year.

Other Eligibility Considerations: Can I Donate Blood?

- Allergy Medications (Shots) Yes
- Antidepressants Yes
- Birth Control Yes
- Blood Pressure Medications Yes, your blood pressure will be taken prior to donation.
- Cancer Must be evaluated.
- Diabetes Yes, if blood sugar levels are consistently stable.
- Flu Shots Yes
- Hepatitis or Jaundice (after age 11) No (Permanent deferral)
- Lived or traveled outside U.S. Must be evaluated.
- Prescription Medications Most prescription medications do not defer you from donating.

