

ELIGIBILITY MYTHS

LIFESOUTH

Community Blood Centers

Common Donor Misconceptions

1

MEDICATIONS

Few medications affect your eligibility as a blood donor. LifeSouth staff will ask you about these medications specifically prior to your donation.



DIABETES

2

If you are diabetic, LifeSouth staff will ask you about your treatment plan. In most instances, if your treatment has been stable, you will be able to donate.

3

LOW IRON

Hemoglobin / iron levels vary according to age, race, gender, genetic factors, diet, and even lifestyle. LifeSouth staff check your hemoglobin levels prior to each donation. If you are not under a doctor's care for anemia, please come in and give blood donation a try.



CANCER

4

Leukemia, lymphoma and blood-cell related cancers are a deferral, but donation is possible with other types of cancer if the person is in full remission with no other treatment scheduled.

5**OLD AGE**

While 17 is the minimum, or 16 with parental consent, there is no upper limit as long as a person is in good health and weighs at least 110 lbs. LifeSouth has previously had a 100-year-old donor.



Unless levels are extremely high, donation is possible. The medications taken for high blood pressure are also permissible. Blood pressure is checked before every donation to make sure it is within acceptable range.

BLOOD PRESSURE**6****7****TRAVEL**

Having traveled or lived outside of the U.S. doesn't carry an automatic deferral. The FDA determines which areas may pose a risk, and the areas can change.



If you've been diagnosed with "mono" (aka the "kissing disease"), as long as you have fully recovered, you are eligible to donate. Discuss this during your donor interview to determine your eligibility.

MONONUCLEOSIS**8****9****EAR / BODY PIERCING**

If the piercing was done in an aseptic/sterile environment, you can donate. Otherwise, we must ask you to wait for 12 months after receiving the piercing.



If that tattoo was obtained in a licensed tattoo parlor in Florida or Alabama or is over 12-months old, we can accept you as a blood donor.

TATTOOS**10**