The Most Common Reasons For Not Being Able To Give Blood

Para your safety and patient safety, please do not give blood if:

Temporary Reasons

<table>
<thead>
<tr>
<th>Condition</th>
<th>Length of time before you can give blood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not feeling well for any reason</td>
<td>when symptoms are over</td>
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<tr>
<td>Cold, sore throat, respiratory infection, flu</td>
<td>three days after symptoms are over</td>
</tr>
<tr>
<td>Travel to an area of the world where malaria is a problem</td>
<td>twelve months after return</td>
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<tr>
<td>Certain cases of heart disease</td>
<td>contact us for medical eligibility at 1-800-688-0900</td>
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<tr>
<td>End, nose or skin piercing</td>
<td>twelve months after procedure unless done under sterile conditions</td>
</tr>
<tr>
<td>Ulcers</td>
<td>if applied in NJ, no wait; elsewhere, twelve months after application</td>
</tr>
<tr>
<td>Blood transfusion</td>
<td>twelve months after receiving blood</td>
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<tr>
<td>Pregnancy, abortion of miscarriage</td>
<td>twelve months after pregancy</td>
</tr>
<tr>
<td>Surgery, serious injury</td>
<td>when healing is complete and feeling well</td>
</tr>
<tr>
<td>Syphilis, gonorrhea</td>
<td>twelve months after treatment completed</td>
</tr>
<tr>
<td>You are a man or woman who has had sex with someone who:</td>
<td>twelve months after last occurrence</td>
</tr>
<tr>
<td>• Has used illegal drugs with a needle</td>
<td></td>
</tr>
<tr>
<td>• Ever had a positive test for HIV (AIDS virus)</td>
<td></td>
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<tr>
<td>• Had sex for money or drugs</td>
<td></td>
</tr>
<tr>
<td>• Is a man who had sex with another man in the past 12 months</td>
<td></td>
</tr>
<tr>
<td>You are a man who has had sex with another man</td>
<td></td>
</tr>
<tr>
<td>Medications</td>
<td>when treatment is complete</td>
</tr>
<tr>
<td>Antibiotics (except antibiotics for acne) if taken for infection</td>
<td>one month after taking last dose</td>
</tr>
<tr>
<td>Accutane, Adriamycin, Alkeran, Aranesp, Avastin, Celebrex, Lexapro, Zeldonic, Enbrel</td>
<td>six months after taking last dose</td>
</tr>
<tr>
<td>Avodart, Jalyn</td>
<td>three years after taking last dose</td>
</tr>
<tr>
<td>Sorensine</td>
<td>three months after taking last dose</td>
</tr>
<tr>
<td>Coumadin</td>
<td>seven days after taking last dose</td>
</tr>
</tbody>
</table>

Permanent Reasons

1. Have used illegal drugs with a needle, even once
2. Are a hemophiliac
3. Have ever had a positive test for HIV (AIDS virus)
4. Are a person who has had sex for money or drugs
5. Had certain forms of cancer (contact us regarding medical eligibility at 1-800-688-0900)
6. Had babesiosis or Chagas disease
7. Have taken Tegison for psoriasis
8. Have Creutzfeldt-Jakob Disease (CJD) and/or a blood relative who had CJD

Notes:
- Most people with diabetes, and most people on medications other than those noted above, are eligible to donate blood. For specific medical eligibility guidelines, call us at 1-800-688-0900.
- People who have been in certain countries outside the United States may be deferred depending on the country and the length of time spent there.
- The reasons for not being eligible to donate blood may have changed after this brochure was printed.

An Urgent Request: Please do not give blood just to find out your HIV (AIDS virus) test results. If you need information on where to go for confidential HIV testing, please call your local health department.

DONATE BLOOD NOW...

people can’t live without it.

New York Blood Center
www.nybc.org
Serving 20 million people in New York, New Jersey and beyond since 1964.
There is no substitute for human blood. One in three people will need blood sometime during their lives. Blood lasts only 42 days. Your donation now is critically important.

Close to 2,000 men, women and children in our community, including cancer, transplant and surgery patients, trauma victims, newborn babies and many others need blood transfusions each day.

**WHAT DOES IT TAKE TO BE A BLOOD DONOR?**

Blood donors must be at least 16 years old, weigh at least 110 pounds, and not have donated blood within the last 56 days. Sixteen year olds must present a signed parental permission form. Visit www.nybc.org/16 to obtain the form. People age 76 and older can donate blood if they meet all criteria and weigh at least 110 pounds, and not have presented a physician’s letter just once after reaching age 76.

There are some medical conditions that may keep you from giving blood. You will find the most common ones listed on the reverse side.

**DO I NEED IDENTIFICATION?**

Yes. To take your blood donation, we must first see a form of identification with your signature or your photo.

**WHEN I GIVE BLOOD, WHAT WILL HAPPEN FIRST?**

You will be asked to provide some basic information such as your name, address, e-mail address, phone numbers and date of birth. You will then use our touch screen device to answer questions about your health history to ensure that you are eligible to donate blood. Your hematocrit will be determined from a drop of blood from your finger. Your blood pressure, pulse and temperature will also be checked.

**HOW LONG DOES THE DONATION TAKE?**

The procedure is done by a skilled, specially trained technician and takes 10 to 12 minutes. You will give one pint of whole blood. The materials used for your donation, including the needle, are new, sterile, disposable, and used only once by you for your blood donation. You will rest after the donation and be served refreshments. Plan to spend about an hour at the blood drive.

**IS THERE ANYTHING SPECIAL I NEED TO DO BEFORE MY DONATION?**

Eat your regular meals and drink plenty of fluids before donating. We also encourage you to eat salty foods in the 24 hours prior to your donation.

**HOW WILL I FEEL AFTER MY DONATION AND IS THERE ANYTHING I SHOULD DO?**

After relaxing and having a snack in the recovery area, most people feel fine. After donating, drink extra fluids for the next 48 hours.

Your body replaces blood volume or plasma within 24 hours. Red cells need about four to eight weeks for complete replacement. The average healthy body has between 8 and 12 pints of blood and can easily spare one.

When you donate blood you lose some iron. We recommend that you take a multivitamin with iron or an iron supplement to replace it.

**HOW SOON AFTER DONATING CAN I GET BACK TO MY ROUTINE?**

After you give blood, you will relax and have a snack. You can then resume normal activity as long as you feel well. Just avoid lifting, pushing heavy objects or engaging in strenuous exercise for at least 4 or 5 hours after giving blood.

**WHAT HAPPENS TO MY BLOOD AFTER DONATING?**

After donation, your blood will be tested for blood type, hepatitis, HIV (AIDS virus), HTLV (a virus that may cause blood or nerve disease), Chagas, West Nile virus and syphilis. It is then separated into components, such as red cells, plasma and platelets, that can help several patients.

**HOW OFTEN CAN I GIVE BLOOD?**

You can give whole blood every 56 days.

**HAVE YOU MET ALYX®?**

Alyx® is our latest technology which allows you to donate two units of red blood cells during one donation. During this automated procedure only your red cells are collected, and your platelets and plasma are returned to you. You also receive saline solution (salt water) to replace the volume of red cells collected.

Other Alyx® benefits include:

- Smaller needle than used for whole blood
- Donate two units of red cells in a single visit

Ask if you are eligible to donate using Alyx®.

**SHOULD DO I GIVE BLOOD TODAY?**

Yes. To take your blood donation, we must first see a form of identification with your signature or your photo.

**WHAT HAPPENS TO MY DONATION?**

Each time you donate blood you’ll earn Donor Advantage points, redeemable for a wide variety of gifts and gift cards. You can even donate your Advantage points to help select charitable organizations.

www.mydonoradvantage.com

Give blood with Alyx® and receive:

• Smaller needle
• Donate two units in a single visit

**DONATE BLOOD NOW.**

people can’t live without it.

For general information or to schedule an appointment to donate blood call 1-800-933-BLOOD (2566), or visit www.nybc.org.

For more information regarding medical eligibility for blood donation call 1-800-688-0900.