

Blood Donor Selection Criteria

<u>General Criteria</u>		
S.No.	Criteria	Recommendations
1.	Well being	<p>The donor shall be in good health, mentally alert and physically fit and shall not be inmates of jail or any other confinement.</p> <p>“Differently abled” or donor with communication and sight difficulties can donate blood provided that clear and confidential communication can be established and he/she fully understands the donation process and gives a valid consent.</p>
2.	Age	<p>Minimum age 18 years Maximum age 65 years First time donor shall not be over 60 years of age, for repeat donor upper limit is 65 years. For aphaeresis donors 18-60 years</p>
3.	Whole Blood Volume Collected and weight of donor	<p>350 ml- 45 kg 450ml- more than 55 kg Apheresis- 50 kg</p>
4.	Donation Interval	<p>For whole blood donation, once in three months (90 days) for males and four months (120 days) for females.</p> <p>For apheresis, at least 48 hours interval after platelet/plasma – apheresis shall be kept (not more than 2 times a week, limited to 24 in one year)</p> <p>After whole blood donation a plateletpheresis donor shall not be accepted before 28 days.</p> <p>Apheresis platelet donor shall not be accepted for whole blood donation before 28 days from the last platelet donation provided reinfusion of red cell was complete in the last plateletpheresis donation. If the reinfusion of red cells was not complete then the donor shall not be accepted within 90 days.</p> <p>A donor shall not donate any type of donation within 12 months after a bone marrow harvest, within 6 months after a peripheral stem cell harvest.</p>
5.	Blood Pressure	<p>100-140mm Hg systolic 60-90 mm Hg diastolic with or without medications.</p> <p>There shall be no findings suggestive of end organ damage or secondary complication (cardiac, renal, eye or vascular) or history of feeling giddiness, fainting made out during history and examination. Neither the drug nor its dosage should have been altered in the last 28 days.</p>

6.	Pulse	60- 100 Regular
7.	Temperature	Afebrile;37°C/98.4°F
8.	Respiration	The donor shall be free from acute respiratory disease.
9.	Haemoglobin	>or =12.5g/dL Thalassemia trait may be accepted, provided haemoglobin is acceptable.
10.	Meal	The donor shall not be fasting before the blood donation or observing fast during the period of blood donation and last meal should have been taken at least 4 hours prior to donation. Donor shall not have consumed alcohol and show signs of intoxication before the blood donation. The donor shall not be a person having regular heavy alcohol intake.
11.	Occupation	The donor who works as air crew member, long distance vehicle driver, either above sea level or below sea level or in emergency services or where strenuous work is required, shall not donate blood at least 24 hours prior to their next duty shift. The donor shall not be a night shift workers without adequate sleep.
12.	Risk behaviour	The donor shall be free from any disease transmissible by blood transfusion, as far as can be determined by history and examination. The donor shall not be a person considered "at risk" for HIV, Hepatitis B or C infections (Transgender, Men who have sex with men, Female sex workers, Injecting drug users, persons with multiple sexual partners or any other high risk as determined by the medical officer deciding fitness to donate blood).
13.	Travel and residence	The donor shall not be a person with history of residence or travel in a geographical area which is endemic for diseases that can be transmitted by blood transfusion and for which screening is not mandated or there is no guidance in India.
14.	Donor Skin	The donor shall be free from any skin diseases at the site of phlebotomy. The arms and forearms of the donor shall be free of skin punctures or scars indicative of professional blood donors or addiction of self-injected narcotics.
<u>Physiological Status for Women</u>		
15.	Pregnancy or recently delivered	Defer for 12 Months after delivery
16.	Abortion	Defer for 6 months after abortion
17.	Breast feeding	Defer for total period of lactation
18.	Menstruation	Defer for the period of menstruation

<u>Non-specific illness</u>		
19.	Minor non-specific symptoms including but not limited to general malaise, pain, headache	Defer until all symptoms subside and donor is afebrile
<u>Respiratory (Lung) Diseases</u>		
20.	Cold, flu, cough, sore throat or acute sinusitis	Defer until all symptoms subside and donor is afebrile
21.	Chronic sinusitis	Accept unless on antibiotics
22.	Asthmatic attack	Permanently Defer
23.	Asthmatics on steroids	Permanently Defer
<u>Surgical Procedures</u>		
24.	Major surgery	Defer for 12 months after recovery. (Major surgery being defined as that requiring hospitalisation, anaesthesia (general/spinal) had Blood Transfusion and/or had significant Blood loss)
25.	Minor surgery	Defer for 6 months after recovery
26.	Received Blood Transfusion	Defer for 12 months
27.	Open heart surgery Including By-pass surgery	Permanently defer
28.	Cancer surgery	Permanently defer
29.	Tooth extraction	Defer for 6 months after tooth extraction
30.	Dental surgery under anaesthesia	Defer for 6 months after recovery
<u>Cardio-Vascular Diseases (Heart Disease)</u>		
31.	Has any active symptom (Chest Pain, Shortness of breath, swelling of feet)	Permanently defer
32.	Myocardial infarction (Heart Attack)	Permanently defer
33.	Cardiac medication (digitalis, nitro-glycerine)	Permanently defer
34.	Hypertensive heart disease	Permanently defer
35.	Coronary artery disease	Permanently defer
36.	Angina pectoris	Permanently defer
37.	Rheumatic heart disease with residual damage	Permanently defer
<u>Central Nervous System/ Psychiatric Diseases</u>		
38.	Migraine	Accept if not severe and occurs at a frequency of less than once a week
39.	Convulsions and Epilepsy	Permanently defer
40.	Schizophrenia	Permanently defer
41.	Anxiety and mood disorders	Accept person having anxiety and mood (affective) disorders like depression or bipolar disorder, but is stable

		and feeling well on the day regardless of medication-
<u>Endocrine Disorders</u>		
42.	Diabetes	<p>Accept person with Diabetes Mellitus well controlled by diet or oral hypoglycaemic medication, with no history of orthostatic hypotension and no evidence of infection, neuropathy or vascular disease (in particular peripheral ulceration) -</p> <p>Permanently defer person requiring insulin and/or complications of Diabetes with multi organ involvement-</p> <p>Defer if oral hypoglycaemic medication has been altered/dosage adjusted in last 4 weeks</p>
43.	Thyroid disorders	<p>Accept donations from individuals with Benign Thyroid Disorders if euthyroid (Asymptomatic Goitre, History of Viral Thyroiditis, Auto Immune Hypo Thyroidism)</p> <p>Defer if under investigation for Thyroid Disease or thyroid status is not known</p> <p>Permanently defer if:</p> <ol style="list-style-type: none"> 1) Thyrotoxicosis due to Graves' Disease 2) Hyper/Hypo Thyroid 3) History of malignant thyroid tumours
44.	Other endocrine disorders	Permanently defer
<u>Liver Diseases and Hepatitis infection</u>		
45.	Hepatitis	<p>Known Hepatitis B, C- Permanently defer</p> <p>Unknown Hepatitis- Permanently defer</p> <p>Known hepatitis A or E; Defer for 12 months</p>
46.	Spouse/ partner/ close contact of individual suffering with hepatitis,	Defer for 12 months
47.	At risk for hepatitis by tattoos, acupuncture or body piercing, scarification and any other invasive cosmetic procedure by self or spouse/ partner	Defer for 12 months
48.	Spouse/ partner of individual receiving transfusion of blood/ components	Defer for 12 months
49.	Jaundice	Accept donor with history of jaundice that was attributed to gall stones, Rh disease, mononucleosis or in neonatal period.
50.	Chronic Liver disease/ Liver Failure	Permanently defer
<u>HIV Infection/AIDS</u>		
51.	At risk for HIV infection (Transgender, Men who have Sex with Men, Female Sex Workers,	Permanently defer

	Injecting drug users, persons with multiple sex partners)	
52.	Known HIV positive person or spouse/ partner of PLHA (person living with HIV AIDS)	Permanently defer
53.	Persons having symptoms suggestive of AIDS	Permanently defer person having lymphadenopathy, prolonged and repeated fever, prolonged & repeated diarrhoea irrespective of HIV risk or status
<u>Sexually Transmitted Infections</u>		
54.	Syphilis (Genital sore, or generalized skin rashes)	Permanently defer
55.	Gonorrhoea	Permanently defer
<u>Other Infectious diseases</u>		
56.	History of Measles , Mumps, Chickenpox	Defer for 2 weeks following full recovery
57.	Malaria	Defer for 3 months following full recovery.
58.	Typhoid	Defer for 12 Months following full recovery
59.	Dengue/ Chikungunya	In case of history of Dengue/Chikungunya: Defer for 6 Months following full recovery. Following visit to Dengue/Chikungunya endemic area: 4 weeks following return from visit to dengue endemic area if no febrile illness is noted.
60.	Zika Virus/ West Nile Virus	In case of Zika infection: Defer for 4 months following recovery. In case of history of travel to West Nile Virus endemic area or Zika virus outbreak zone: Defer for 4 months.
61.	Tuberculosis	Defer for 2 years following confirmation of cure
62.	Leishmaniasis	Permanently defer
63.	Leprosy	Permanently defer
<u>Other infections</u>		
64.	Conjunctivitis	Defer for the period of illness and continuation of local medication.
65.	Osteomyelitis	Defer for 2 years following completion of treatment and cure.
<u>Kidney Disease</u>		
66.	Acute infection of kidney (pyelonephritis)	Defer for 6 months after complete recovery and last dose of medication
67.	Acute infection of bladder (cystitis) / UTI	Defer for 2 weeks after complete recovery and last dose of medication
68.	Chronic infection of kidney/ kidney disease/ renal failure	Permanently defer
<u>Digestive System</u>		
69.	Diarrhoea	Person having history of diarrhoea in preceding week particularly if associated with fever: Defer for 2 weeks after complete recovery and last dose of medication
70.	GI endoscopy	Defer for 12 months.

71.	Acid Peptic disease	Accept person with acid reflux, mild gastro-oesophageal reflux, mild hiatus hernia, gastro-oesophageal reflux disorder (GERD), hiatus hernia: Permanently defer person with stomach ulcer with symptoms or with recurrent bleeding:
Other diseases/ disorders		
72.	Autoimmune disorders like Systemic lupus erythematosus, scleroderma, dermatomyositis, ankylosing spondylitis or severe rheumatoid arthritis	Permanently defer
73.	Polycythaemia Vera	Permanently defer
74.	Bleeding disorders and unexplained bleeding tendency	Permanently defer
75.	Malignancy	Permanently defer
76.	Severe allergic disorders	Permanently defer
77.	Haemoglobinopathies and red cell enzyme deficiencies with known history of haemolysis	Permanently defer
Vaccination and inoculation		
78.	Non live vaccines and Toxoid: Typhoid, Cholera, Papillomavirus, Influenza, Meningococcal, Pertussis, Pneumococcal, Polio injectable, Diphtheria, Tetanus, Plague	Defer for 14 days
79.	Live attenuated vaccines: Polio oral, Measles (rubella) Mumps, Yellow fever, Japanese encephalitis, influenza, Typhoid, Cholera, Hepatitis A	Defer for 28 days
80.	Anti-tetanus serum, anti-venom serum, anti-diphtheria serum, and anti-gas gangrene serum	Defer for 28 days
81.	Anti-rabies vaccination following animal bite, Hepatitis B Immunoglobulin, Immunoglobulins	Defer for 1 year
Medications taken by prospective blood donor		
82.	Oral contraceptive	Accept
83.	Analgesics	Accept
84.	Vitamins	Accept
85.	Mild sedative and tranquillizers	Accept
86.	Allopurinol	Accept

87.	Cholesterol lowering medication	Accept
88.	Salicylates (aspirin), other NSAIDs	Defer for 3 days if blood is to be used for Platelet preparation
89.	Ketoconazole, Antihelminthic drugs including mebendazole,	Defer for 7 days after last dose if donor is well
90.	Antibiotics	Defer for 2 Weeks after last dose if donor is well
91.	Ticlopidine, clopidogrel	Defer for 2 Weeks after last dose
92.	Piroxicam, dipyridamole	Defer for 2 Weeks after last dose
93.	Etretinate, Acitretin or Isotretinoin. (Used for acne)	Defer for 1 month after the last dose
94.	Finasteride used to treat benign prostatic hyperplasia	Defer for 1 month after the last dose
95.	Radioactive contrast material	8 weeks deferral
96.	Dutasteride used to treat benign prostatic hyperplasia	Defer for 6 months after the last dose
97.	Any medication of unknown nature	Defer till details are available
98.	Oral anti-diabetic drugs	Accept if there is no alteration in dose within last 4 weeks.
99.	Insulin	Permanently defer
100.	Anti-arrhythmic, Anti-convulsions, Anticoagulant, Anti-thyroid drugs, Cytotoxic drugs, Cardiac Failure Drugs(Digitalis)	Permanently defer
Other conditions requiring Permanent deferral		
101.	Recipients of organ, stem cell and tissue transplants Donors who have had an unexplained delayed faint or delayed faint with injury or two consecutive faints following a blood donation.	Permanently defer