

Eligibility Criteria for Blood Donation & Platelet Donation

<u>General Criteria</u>		
Sr. No.	Criteria	Recommendations
1.	Health Status	The donor shall be in good health, mentally alert, physically fit and shall not be inmate of prison or any other confinement "Differently abled" or donor with difficulty in communication and / or eyesight can donate blood provided that clear and confidential communication can be established with them and he/she fully understands the donation process and gives a valid consent
2.	Age	Minimum age 18 years Maximum age 65 years First time donor shall not be over 60 years of age Repeat donor upper age limit is 65 years For apheresis donors, age range is 18-60 years
3.	Whole Blood Volume Collected and Weight of Donor	350 ml- for donor weighing 45 – 55 kg 450 ml- for donor weighing more than 55 kg Apheresis- donor weighing 50 kg
4.	Donation Interval	<u>Whole blood donation :</u> Male : Once in three months (90 days) Female: Once in Four months (120 days) <u>Apheresis:</u> Minimum 48 hours' interval is mandatory after platelet/plasma – apheresis (not more than 2 times a week & limited to 24 in a year) Platelet apheresis can be done only 28 days after whole blood donation. 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 platelet apheresis donation. If the reinfusion of red cells was not complete then the donor shall not be accepted within 90 days A donor shall not donate any type of blood or blood component within 12 months from a bone marrow harvest and within 6 months from a peripheral stem cell harvest
5.	Blood Pressure Range	Systolic : 100-140 mmHg Diastolic : 60-90 mmHg With or without medications There shall be no findings suggestive of end organ damage or secondary complication (cardiac, renal, eye or vascular) or history of feeling giddiness or fainting revealed during history check and examination. Neither the drug nor its dosage should have been altered in the last 28 days
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	≥ 12.5 g/dL Thalassemia trait maybe accepted, provided haemoglobin is acceptable
10.	Meal	The donor shall not be fasting before blood donation nor 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 or show signs of intoxication before 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 within 24 hours prior to their next duty shift. The donor shall not be a nightshift worker without adequate sleep
12.	Risk Behavior	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 (Transgenders, Men who have sex with men, Female sex workers, Injectable drug users, persons with multiple sexual partners or showing 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 traveling 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.	Skin Disease	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 being professional blood donor or having addiction of self-injected narcotics
<u>Physiological Status of Women & Blood Donation</u>		
15.	Pregnancy or Recently Delivered	Defer for 12 months after delivery
16.	Abortion	Defer for 6 months after abortion
17.	Breastfeeding	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 donation until all symptoms subside and donor is afebrile
<u>Respiratory (Lung) Diseases & Blood Donation</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.	Asthma	Permanently Defer
23.	Asthmatics on Steroids	Permanently Defer
<u>Surgical Procedures & Blood Donation</u>		
24.	Major Surgery	Defer for 12 months after recovery (Major surgery being defined as that requiring hospitalization, anesthesia (general/spinal); donor who 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 Anesthesia	Defer for 6 months after recovery
<u>Cardio-Vascular Diseases (Heart Disease)</u>		
31.	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 if donor has anxiety and mood (affective) disorders like depression or bipolar disorder, but is stable and feeling well on the day regardless of medication.

Endocrine Disorders

42.	Diabetes	Accept from donor 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) Permanently defer from donor requiring insulin and/or having complications of diabetes with multi organ involvement Defer if oral hypoglycaemic medication has been altered/dosage adjusted in last 4 weeks
43.	Thyroid Disorders	Accept from donor with Benign Thyroid Disorders if euthyroid (Asymptomatic Goiter, History of Viral Thyroiditis, Auto Immune Hypo Thyroidism) Defer if under investigation for Thyroid Disease or thyroid status is not known Permanently defer if: 1) Thyrotoxicosis due to Graves' Disease 2) Hyper/Hypo Thyroid 3) History of malignant thyroid tumors
44.	Other Endocrine Disorders	Permanently Defer

Liver Diseases and Hepatitis infection

45.	Hepatitis	Known Hepatitis B, C- Permanently defer Unknown Hepatitis – Permanently defer Known hepatitis A or E - Defer for 12 months
46.	Spouse/ Partner/ Close Contact of Donor 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 Donor Receiving Transfusion of Blood/Components	Defer for 12 months
49.	Jaundice	Accept from donor with history of jaundice that was at tribute to gall stones, Rh disease, and mononucleosis or in neonatal period
50.	Chronic Liver Disease / Liver Failure	Permanently Defer
HIV Infection/AIDS		
51.	At Risk for HIV Infection (Transgender, Men Who Have Sex with Men, Female Sex Workers, Injectable Drug Users, Persons with Multiple Sex Partners)	Permanently Defer

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 donation from person having lymphadenopathy, prolonged and repeated fever, prolonged & repeated diarrhea irrespective of HIV risk or status
<u>Sexually Transmitted Infections</u>		
54.	Syphilis (Genital Sore or Generalized Skin Rashes)	Permanently Defer
55.	Gonorrhea	Permanently Defer
<u>Other Infectious Diseases</u>		
56.	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	Donor with history of Dengue/Chikungunya: Defer for 6 Months following full recovery Donor having visited Dengue/Chikungunya endemic area: Defer for 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 after 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 / 9Renal Failure	Permanently Defer
<u>Digestive System</u>		
69.	Diarrhoea	Person with history of diarrhea 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 from person with acid reflux, mild gastro-esophageal reflux, mild hiatus hernia, gastro-esophageal reflux disorder (GERD), hiatus hernia: Permanently defer from person with stomach ulcer with symptoms or with recurrent bleeding
<u>Other Diseases / Disorders</u>		
72.	Autoimmune Disorders Like Systemic Lupus Erythematosus, Scleroderma, Dermatomyositis, Ankylosing Spondylitis or Severe Rheumatoid Arthritis	Permanently Defer
73.	Polycythemia 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
<u>Vaccination and Inoculation</u>		
78.	Non Live Vaccines and Toxoid: Typhoid, Cholera, Papilloma Virus, 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
82.	Swine Flu	Defer for 15 days

<u>Medications taken by prospective blood donor</u>		
83.	Oral Contraceptive	Accept
84.	Analgesics	Accept
85.	Vitamins	Accept
86.	Mild Sedative and Tranquillizers	Accept
87.	Allopurinol	Accept
88.	Cholesterol Lowering Medication	Accept
89.	Salicylates (Aspirin), Other NSAIDs	Defer for 3 days if blood is to be used for Platelet preparation
90.	Ketoconazole, Anti Helminthic Drugs including Mebendazole	Defer for 7 days after last dose if donor is well
91.	Antibiotics	Defer for 2 Weeks after last dose if donor is well
92.	Ticlopidine, Clopidogrel	Defer for 2 Weeks after last dose
93.	Piroxicam, Dipyridamole	Defer for 2 Weeks after last dose
94.	Etretinate, Acitretin or Isotretinoin. (Used for Acne)	Defer for 1 month after last dose
95.	Finasteride Used to Treat Benign Prostatatic Hyperplasia	Defer for 1 month after last dose
96.	Radioactive Contrast Material	Defer for 8 weeks
97.	Dutasteride Used to Treat Benign Prostatatic Hyperplasia	Defer for 6 months after last dose
98.	Any Medication of Unknown Nature	Defer till details are available
99.	Oral Anti-Diabetic Drugs	Accept if there is no alteration in dose within last 4 weeks
100.	Insulin	Permanently defer
101.	Anti - Arrhythmic, Anti-Convulsions, Anticoagulant, Anti-Thyroid Drugs, Cytotoxic Drugs, Cardiac Failure Drugs (Digitalis)	Permanently Defer
Donor Health History		
102.	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

Related to Severe Acute Respiratory Syndrome <i>Corona</i> Virus 2 (SARS-Cov2)		
103.	History of Travel to Country/Place with Covid-19 Transmission in Community and Areas As Notified by Ministry of Health and Family Welfare From Time to Time	Defer for 28 days after departure
104.	Any History of Possible Close Contact Exposure to A Person Who Is Confirmed/Suspected Case of Covid-19, Including Those Under Quarantine	Defer for 28 days after last possible contact exposure
105.	Confirmed Cases of COVID-19	Defer till complete recovery from disease, including radiological and virological clearance
106.	COVID-19 Vaccination	Defer for 14 days after the last dose of vaccine against Covid-19
Residents of Other Countries		
107.	Residents of Other Countries	Accept only after staying in India for three continuous years

Whole Blood & Blood Components

Components	Storage Conditions	Special Consideration	Significance
Whole Blood (WB)	4±2° C	Must be ABO & Rh identical and Crossmatch compatible	-
Red Blood Cells (RCC)	4±2° C	ABO and Rh compatible	-
Leucocyte Reduced RBCs (LR) (Buffy-coat removed)	4±2° C	Same as RBCs	Reduces frequency and severity of FNHTRs
Leucocyte Depleted RBCs (LD) (using labside Leucodepletion filters)	4±2° C	Same as RBCs	Reduced risk of CMV, HLA, Alloimmunization and Platelet Refractoriness
Fresh Frozen Plasma	<-30° C use immediately after thawing	ABO compatible	To supplement coagulation factor
Cryoprecipitated Anti-hemophilic Factor (Cryo.)	<-30° C use immediately after thawing	ABO compatibility not required	To Supplement Coagulation Factor (Contain Fibrinogen, Von Willebrand factor, Factor-VIII & XIII, Fibronectin)
Platelets (PC)/ Random Donor (RDP)	22±2° C with continuous agitation	Preferably group compatible, however non group specific platelets can be given	To Treat Thrombocytopenia
Platelets Single Donor (SDP)	22±2° C with continuous agitation	ABO and Rh compatible	To Treat Thrombocytopenia
* IR- Products (WB, RCC, LR-RCC, LD-RCC, PC, SDP)	Used immediately after X-Ray Irradiation process	-	To reduce TA-GvHD