



Temporary copy is not valid for the blood donation.

(Copia provvisoria non valida ai fini della donazione del sangue).

Memorandum to Donors

Blood donation guidelines

In order to donate blood you must be in good health, have a regular life style and proper nutrition. For each individual case there is permanent or temporary exclusion which may last for a few days, a few months or years.

Men can donate up to four times per year while women, during their fertile years, only twice per year.

We advise the future donor to not take any drugs and anti-inflammatory over-the-counter drugs (even those without a prescription) five days before donating (such as Aulin or Aspirin) and to remember that before donating you can only have tea, coffee or fruit juice.

Fasting for at least 8 hours is necessary. The evening before donating blood, have a normal meal without overeating.

The conditions for allowing or rejecting the donation, whether temporarily or definitively, are reported below.

Requirements

1. Age between 18 and 65. If this is your first donation, you must be 60 years of age or younger. Identification documents will be checked to determine the age limits for donating and to verify identity¹ (*Note 1*). For foreigners, a passport or Permit to Stay is required. For all you need to show your health card or social security number.
2. Weight no less than 50 kg. Recent spontaneous weight loss, with no apparent reason, will be cause for refusing the donation.
3. Females cannot give blood when menstruating. During their fertile years, women can only donate blood twice per year; during menopause they can donate up to four times per year.

¹ Recognized identification documents: The Italian identity card is the main identification document for Italian citizens and residents, issued after the age of fifteen. The use of this, or a photo id document that is considered equivalent, is required for identification. Identity card equivalents are: passport, driver's licence, boating licence, pension card, licence for conducting heating plants, licence to carry firearms and identification cards as long as they have a photograph and are stamped or have another equivalent signature, and are issued by a government administration. Art. 2 and Art. 35 of PD no. 445 of 2000"

The following data will be verified by the doctor before the donation.

1. Blood pressure: systolic between 110 and 180 mmHg, diastolic between 65 and 100 mmHg.
2. Haemoglobin values: men equal to or greater than g. 13.5 gr/dl - women equal to or greater than 12.5 gr/dl
3. Pulse: frequency greater than 50 beats/minute, with a rhythmic and regular pulse. Athletes can also have a lower value with a cardiac assessment.
4. The minimum interval between whole blood donations is 90 days, for both men and women.

Special conditions

1. Those with constitutional microcythemia can donate once or twice per year depending upon their haemoglobin values and gender.
2. In regard to influenza, the common cold and herpes, a donation can be given after 7-15 days to the clinical cure.
3. Slight or moderate hypertension is not a contraindication as long as the treatment does not include beta-blockers. Do not take the medicine on the day of the donation.
4. For allergies (except for pharmaceutical use) donations can be made after the end of the acute phase.
5. Taking the contraceptive pill is not a contraindication to donation.
6. Taking Eutirox is not a contraindication to donation as long as it is not being taken for autoimmune thyroiditis (Hashimoto's). You can not donate with thyroiditis of any nature, in place.

FOOD AND DRINK

Before donating you can only have tea, coffee or fruit juice. Two rusks are also allowed

Milk is absolutely forbidden

Reasons for exclusion

48 hour postponement:

- Professional dental cleaning
- Vaccination against hepatitis B, rabies, pertussis, tetanus, diphtheria, typhoid, paratyphoid, cholera, flu, plague and polio. Vaccinated **subjects must be asymptomatic and non-febrile**

5 day postponement

- Drug use: Aspirin, Aulin, anti-inflammatories, pain relievers

7 day postponement:

- important dental care, extraction and root canals, extractions and root canals, if not complicated by infection
- Fever equal to or higher than 38 degrees

14 day postponement:

- From date fully recovered for flu, herpes and viral gastroenteritis

1 month postponement:

- Vaccinations against rubella, tuberculosis, yellow fever, measles, mumps, smallpox and the oral polio vaccine
- Bone implants

3 month postponement:

- From healing from a tick bite

4 month postponement:

- Occasional sexual relations with someone at risk of transmitting infections diseases, even if protected
- Occasional exposure to blood and other potentially infected material
- Endoscopy (gastroscopy, colonoscopy, bronchoscopy), invasive diagnostic procedures (angiography, coronary angiography with the use of non-disposable venous catheters)
- Acupuncture and piercings, if not done using disposable tools
- Tattoos
- Minor surgery
- Direct contact with hepatitis sufferers
- Administration of serum of animal origin

6 month postponement:

- Toxoplasmosis, mononucleosis and cytomegalovirus infections, six months postponement from the date fully recovered;
- Hepatitis A if documented
- **For women:** postponement of six months from the end of breastfeeding

1 year postponement:

- Rabies vaccine after exposure
- Drug allergy, in particular penicillin, after the last exposure
- Surgery
- **For women:** pregnancy, birth and abortion (after 3 months)

2 year postponement:

- Tuberculosis
- Osteomyelitis, acute articular rheumatism, brucellosis (from the date of recovery)

3 year postponement:

- More than 5 consecutive years in areas with endemic malaria: after return. After three years, if without symptoms, the person can donate blood, red blood cells and platelets. **In the meantime, after 6 months, if without symptoms, the person can donate plasma to be sent for industrial fractionation**

5 year postponement:

- Acute glomerulonephritis (after being cured)

Permanent Exclusion:

- Hepatitis B and C, hepatitis from unknown causes
- Infection with HIV 1-2 (AIDS)
- More than six months, even non-consecutively, in the United Kingdom from 1980 to 1996
- Leprosy, babesiosis, leishmaniasis, trypanosomiasis, syphilis
- Autoimmune diseases
- Lupus, rheumatoid arthritis, Hashimoto's thyroiditis, anaemia, haemorrhagic syndrome, thrombocytopenia, leukopenia
- Malignant neoplasm
- Diabetes only if insulin-dependent
- Epilepsy
- Cardiovascular illnesses
- Myocardial infarction, angina, heart rhythm disorders
- Chronic glomerulonephritis, polycythaemia vera (Vasquez disease), Creutzfeld-Jakob disease (or a family history of acquired dementia or fatal familial insomnia)
- Chronic alcoholism
- Dura mater or cornea transplant
- Drug addiction, even to non-injected drugs
- Habitual sexual behaviour at high risk for the transmission of infectious diseases, including those who have had sex in exchange for money or drugs
- Polytransfused

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