

DEFERRAL INFORMATION – Blood Donation

You may not be able to donate blood today for the following reasons:

REASON	DEFERRAL PERIOD
Under 18 years of age	Until 18th Birthday
65 years of age and over, if never donated before	Indefinite
70 years of age and over	GP Cert. Required (must have donated in past 2 years)
Weight less than 50kgs (7st, 12lbs)	Unless/Until Minimum Weight is Reached
Weight more than 158kgs (25 stone) NB: Mobile clinics only	Unless/Until Weight is Less Than 158 kgs
Uncomplicated dental filling or scaling	24 Hours
Cough, cold or other minor illness	Until Recovered, i.e. No symptoms
Minor injury	Until Healed / Recovered
Dental extraction	One Week (minimum)
Flu or other infectious illness	Two Weeks After Finishing Antibiotics and Following Full Recovery From Symptoms
Surgical Procedure	Two Weeks – Six Months (please ask)
Travel to a Tropical Area	Three Months
Endoscopy (Scope)	Four Months
Ear, Face or Body Piercing, Tattoo	Four Months
Travel to a Malarial Area	Twelve Months
Pregnant or had a baby	Twelve Months
MSM (<i>men who have had sex with men</i>)	Twelve Months After Last Sexual Contact
Syphilis and Gonorrhoea	Indefinite
All other STIs	Please Ask
Cancer	Indefinite
Blood transfusion after 1 st January 1980 in the Republic of Ireland or at any time outside the ROI	Indefinite
Ever Injected Drugs - even once or a long time ago	Indefinite
Spent 1 year or more in the UK* between 1980 - 1996 including living, working, or on holidays. <i>*(England, Wales, Scotland, Northern Ireland, Channel Islands, Isle of Man)</i>	Indefinite
Cardiac (<i>Heart</i>) Condition	Please Ask

These are some of the common reasons for deferral but there may be other reasons you are not eligible to donate, please see www.giveblood.ie When you become eligible to donate please return to a clinic as blood is always needed.