

## Information for Blood Donors

### When you are not allowed to donate blood (Information for blood donors and donors of blood components)

Before you read this information, please pay attention to the information contained in the Information for Blood Donors (coloured folding leaflet).

#### When you are not allowed to donate blood and blood components

Please come to the collection only when you feel completely healthy. Even mild health problems, such as a cold, lip herpes, mild chilling feeling, or feeling of muscle stiffness may mean that there is a virus present in your blood, and this virus may cause even lethal illness in a recipient with a weakened immunity. Blood and its components must not be collected from persons who are employed as – military pilot.

#### Furthermore from persons who live a risky way of life:

- people who deliberately provided incorrect information regarding the risk factors or high-risk behaviour,
- men who have sex with men (MSM),
- Intravenous use of drugs (at present, as well as in the past), and permanent sexual partners of intravenous drug users,
- men and women who have been or still are engaged in prostitution, and their permanent sexual partners,
- people who are in close contact with HIV/AIDS (member of the same household or permanent sexual partner).

#### Furthermore also from people, who have had the following diseases:

- extrapulmonary tuberculosis, selected tropical diseases, malignant tumours
- heart and blood-vessel diseases – hypertension from the III. degree, ischemic heart disease, heart insufficiency, heart-rhythm disorders, rheumatic fever with consequences, cerebral stroke, arterial thrombosis, repeated venous thrombosis,
- more serious chronic diseases of the stomach, intestines, pancreas, kidneys, lungs, chronic bronchitis,
- serious disorders of endocrine glands, diabetes, significant disorders of the lipid management,
- serious allergic diseases, asthma, anaphylaxis,
- autoimmune diseases, systemic rheumatic diseases, systemic disorders of connective tissues,
- diseases of the skin – generalized, chronic inflammation, eczema with extensive involvement of the skin or in case it is present in the area of puncture (elbow),
- hematopoietic and bleeding disorders. People with haemophilia or other chronic coagulation disorder who have been treated with preparations containing coagulation factors and their permanent sexual partners. (Thrombophilia – exclusion from instrumental blood collection only),
- degenerative and inflammation diseases of the nerves, spongiform encephalopathy in the family, psychosis, significant imbecility, dependency (alcohol, drugs), long-term use of psychopharmaceuticals, epilepsy,
- glaucoma, deep inflammations of the cornea, inflammation of the choroid, retinopathy,
- patients after surgical removal of the spleen or another organ, in cases it causes health problems,
- patients after cornea and *dura mater* transplantation, treatment with growth hormone, etc.
- enlarged lymph nodes with uncertain diagnosis, diseases of unknown aetiology,
- use of medicaments containing Etreinate or Acitretin,
- stay in the United Kingdom of Great Britain and Northern Ireland and/or France exceeding six months between 1980 and 1996, receiving a transfusion of blood or blood components abroad between 1980 and 1996,

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- confirmed carriage of jaundice viruses (hepatitides), HIV (including sexual partners) and other infections.

**Postponement of the collection is necessary in the following conditions:**

- intimate contact with a person belonging to a risk group or sexual partners of individuals who belong into a risk group (e.g. a person engaged in prostitution, including partners of these individuals, who had an intimate contact) – 1 year from the last sexual intercourse,
- intimate contact with an HIV-positive person – 1 year,
- intimate contact with person who is suffers from or carries hepatitis type B, C – 6 months,
- pregnancy and breastfeeding – 6 months from the birth (provided the breastfeeding has been terminated), or pregnancy termination,
- surgical procedure with subsequent hospitalization – at least 6 months, sepsis – collection one year after healing,
- receipt of transfusion or treatment with blood preparations – 6 months,
- outpatient surgical procedure and tooth extraction – at least one week, tooth filling – until the following day,
- endoscopic examination and catheterization treatment – 6 months,
- acute glomerulonephritis – collection 5 years after healing, osteomyelitis – collection 2 years after healing,
- rheumatic fever without consequences – 2 years after healing or 5 years from the last recurrent attack,
- gastric and duodenal ulcer disease – collection at 6 months after the termination of therapy,
- venous thrombosis – 6 months from the termination of the anticoagulation treatment,
- gonorrhoea, syphilis and observation due to a sexually transmitted disease – 1 year after healing,
- viral hepatitis type A and infectious mononucleosis – one year after healing, toxoplasmosis – 6 months after healing,
- pulmonary tuberculosis – 2 years after healing (exclusion from the record of the pulmonary clinic),
- clung tick – 4 weeks, borreliosis – collection 6 months after healing,
- brucellosis (6 months), tularemia, listeriosis – 2 years from healing, tick-borne encephalitis – 1 year from healing
- various fever diseases, diarrhoea, other infectious diseases – collection from 14 days up to 6 months, depending on the course of healing, after healing of the typhoid and paratyphoid – collection after 1 year, in patients who have been excluded as carriers of the disease,
- close contact with a person with viral hepatitis B and C or a carrier of the virus – collection after 6 months,
- after returning from tropical and malarial areas and selected countries outside Europe – 6 months,
- stay outside Europe, outside malarial and tropical areas – 4 weeks,
- staining of mucosa and injured skin with foreign body fluids – 6 months,
- having a tattoo, piercing, acupuncture outside of healthcare establishments – 6 months,
- stay in prison or a mental hospital (including sexual partner) – 6 months,
- use of medicaments containing Isotretunoin (Roaccutane, etc., or Finasterid (Proscar, Penester, etc.) – 1 month. Use of the Vismodegib (Erivedge) medicine – 2 years after the last dose,
- vaccination with live vaccines – 4 weeks,
- vaccination against hepatitis type B – we recommend one month (presence of the vaccine in blood may influence the results of laboratory tests performed after the collection),
- fixation with a firm bandage (plaster cast) – until removal, non-operated fracture – until healed,
- public transport drivers, people working in heights, extreme sports – break after the collection lasting at least 12 hours (ideally with a night sleep).

**May you have any doubts regarding the blood donation, please feel free to ask the physicians or other staff members of the Blood Centre of the University Hospital Ostrava. Everyone will answer your questions as best as they can, or they will take you to a person, who will provide you with a qualified answer.**