



Blood donation criteria for MOD personnel

General

You can give blood if you:

- are fit and healthy.
- weigh between 7 stone 12 lbs and 25 stone, or 50kg and 160kg.
- are aged between 17 and 66 (or 70 if you have given blood before)
- have not had a tattoo or body piercing in the past four months
- have not received a blood transfusion since 1 January 1980

It may be possible to give blood after acupuncture. We will need to know the reason you had the treatment.

Please call **0300 123 23 23** for further advice.

Vaccinations

Live vaccinations

You can't donate blood if you have had any of the following vaccinations in the last four weeks:

- Measles, mumps, rubella (MMR)
- Shingles
- Tuberculosis (BCG)
- Oral typhoid or polio
- Chicken pox (varicella)
- Yellow fever
- Herpes
- Zoster (Zostavax)

Non-live vaccinations

Please call 0300 123 23 23 for further advice.

Anthrax vaccinations

You can donate as long as you are feeling well.

Travel

You can give blood if:

- it has been four weeks since your return from a tropical virus endemic area and you have had neither symptoms nor evidence of infection. Key areas include: India, Caribbean, South and Central America, Mexico, Africa, The Pacific Islands, South East Asia, Hawaii, Japan and Australia
- it has been 4 months since your return from a malaria endemic area and you have had neither symptoms nor evidence of infection - key areas include India, South America, Africa, South and South East Asia (including Afghanistan)

**If you would like to check the deferral period following your return from a different country or are scheduled on a military visit please call 0300 123 23 23 for further advice.*

MSM

You can give blood if you are a man who has had sex with another man as long as it has been three months or more since your last sexual contact with another man.



Visit blood.co.uk

Physical training (PT)

It is not advisable to undertake exercise the same day as donating blood as you may be at increased risk of feeling unwell.

If you are likely to be exercising in conditions where the amount of available oxygen is low (e.g. at high altitude) it is advisable to delay donation for two weeks, so as to avoid the possibility of feeling unwell.

Hazardous occupation

You should not donate if you are required to undertake a hazardous occupation, following donation, on the same working day. Examples of hazardous occupations include but are not limited to:

- air traffic controller
- climbing ladders or scaffolding
- crane or heavy machine operator
- diver
- emergency response vehicle driver
- fire crew
- flying*
- large goods vehicle driver (LGV, HGV over 7.5 tonnes maximum authorised mass)
- public service vehicle driver (excluding vehicles with less than eight passenger seats)
- pilot and air crew - all pilots and air crew should not donate if they are on flight duties within the next 24 hours
- air traffic controllers - air traffic controllers should not donate if on duty within the next 12 hours

Hazardous activity

You should not donate if you are required to undertake a hazardous activity on the same day as same as your donation. Examples include but are not limited to:

- climbing
- diving (all types)
- flying*
- motor sport
- parachuting

**If you are flying as a passenger (not crew) you can donate before or after any flight. There is no deferral time limit however you should be feeling well, not fatigued or dehydrated.*

Preparing for your donation:

Eat - eat regular meals to help you avoid feeling lightheaded.

Sleep - a good night's sleep will boost wellbeing.

Drink - drink plenty of fluids 24 hours before donating, but avoid alcohol

Know - knowing your medical, body piercing and travel history will save you time.