

Medication Deferral List

DO NOT STOP taking medications prescribed by your doctor in order to donate blood. Donating while taking these drugs could have a negative effect on your health or on the health of the recipient of your blood.

PLEASE TELL US IF YOU:

ARE BEING TREATED WITH ANY OF THE FOLLOWING TYPES OF MEDICATIONS:	OR HAVE TAKEN:			WHICH IS ALSO CALLED:	ANYTIME IN THE LAST:
Antiplatelet agents (usually taken to prevent stroke or heart attack)	Feldene			piroxicam	2 Days
	Effient			prasugrel	3 Days
	Brilinta			ticagrelor	7 Days
	Plavix			clopidogrel	14 Days
	Ticlid			ticlopidine	
	Zontivity			vorapaxar	1 Month
Anticoagulants or “blood thinners” (usually taken to prevent blood clots in the legs and lungs and to prevent strokes)	Arixtra			fondaparinux	2 Days
	Eliquis			apixaban	
	Fragmin			dalteparin	
	Lovenox			enoxaparin	
	Pradaxa			dabigatran	
	Savaysa			edoxaban	
	Xarelto			rivaroxaban	
	Coumadin, Warfilone, Jantoven			warfarin	7 Days
	Heparin, low-molecular weight heparin				
Acne treatment	Accutane Claravis Zenatane	Amnesteem Myorisan	Absorica Sotret	isotretinoin	1 Month
Multiple myeloma	Thalomid Revlimid			thalidomide lenalidomide	
Rheumatoid arthritis	Rinvoq			upadacitinib	
Hair loss remedy	Propecia			finasteride	
Prostate symptoms	Proscar			finasteride	
	Avodart Jalyn			dutasteride	6 Months
Immunosuppressant	Cellcept			mycophenolate mofetil	6 Weeks
Hepatitis exposure	Hepatitis B Immune Globulin			HBIG	3 Months
HIV prevention (also known as PrEP or PEP)	Any medication taken by mouth (oral) to prevent HIV	Truvada		emtricitabine and tenofovir disoproxil fumarate	
		Descovy		emtricitabine and tenofovir alafenamide	
	Injectable HIV prevention	Apretude		cabotegravir	2 Years
Basal cell skin cancer	Erivedge Odomzo			vismodegib sonidegib	2 Years
Relapsing multiple sclerosis	Aubagio			teriflunomide	
Rheumatoid arthritis	Arava			leflunomide	
Psoriasis	Soriatane			acitretin	3 Years
	Tegison			etretinate	Ever
HIV treatment	Any medication to treat HIV. May also be called antiretroviral therapy (ART)				
Experimental medication					As defined by the Medical Director

FOR QUESTIONS ABOUT YOUR DONATION

Occasionally bruising, nerve injury, fainting, and/or general fatigue may occur during or after a blood donation. If you experience any of these or other adverse reactions, please call **1-800-280-5337** for appropriate care instructions and additional follow-up by the Community Blood Center staff.

*****TO STOP YOUR BLOOD FROM BEING TRANSFUSED*****

Please call **1-800-280-5337** if for any reason you feel your blood should not be used for transfusion such as an illness that develops after your donation or information that should have been given before your donation. When you call, please give the person you talk to your **blood donation number** (the last 6 digits of the sticker below is your blood donation number).

Please call: If you are diagnosed with a dengue or chikungunya virus infection, please notify us as soon as possible.

POST DONATION INSTRUCTIONS:

Please spend at least 15 minutes in the Refreshment area.

We also ask that you retain this handout for at least 7 days.

- Drink plenty of liquids and eat regularly for the next 2 days.
- Avoid bending your arm for 10 minutes and heavy lifting for 12 hours.
- Avoid drinking alcohol until you have eaten a meal.
- Leave adhesive bandage on for 3-4 hours.
- If there is any bleeding from the phlebotomy site, apply pressure.
- Do not smoke for at least 30 minutes.
- You may resume normal activity after 30 minutes but avoid anything strenuous for 24 hours.

If you feel dizzy, sit down, and lower your head, or lie down with your feet elevated. If you notice bruising or swelling, apply an ice pack for 20 minutes and repeat several times the first day. Subsequently, apply a warm moist pack 3 times a day if needed. The bruised area may appear to increase in size as the color changes over the next several days. This is normal.

Iron Depletion After Your Donation

Frequent blood donation may decrease iron stores in the body, leading to iron deficiency anemia. Iron deficiency anemia and iron depletion can often be remedied by incorporating iron rich foods into your daily diet. However, you may need to take an iron supplement to correct this, even if your red blood cell count is normal. We suggest that you discuss this with your healthcare provider.

Tip #1: Consume foods that are good sources of iron such as red meat, poultry, liver, fish and shellfish, leafy dark greens such as spinach or kale, Brussels sprouts, beans, raisins and molasses.

Tip #2: Avoid certain beverages with meals such as coffee, tea, and red wine. These contain compounds that can substantially reduce the amount of iron you absorb from the foods you eat and should be avoided for two hours before and after meals to optimize iron absorption.

Tip #3: Eating foods rich in Vitamin C, in combination with iron-rich foods, will help iron be better absorbed into your system.

LifePoints & Cholesterol

LifePoints is an online donor rewards program. Once you register for the program online, LifePoints are awarded automatically and may be redeemed for an assortment of appreciation gifts. The more often you give, the more points you accumulate!

- You must sign up within seven (7) days in order to claim the points from today's donation (new accounts only).
- Your information may be accessed online at www.cbco.org; then click "Donor Sign-In" or the LifePoints logo.
- Once you have signed in, you may access cholesterol information, other health information and your LifePoints reward totals.
- Use your LifePoints! Once you reach the 12,000- point maximum, they will stop accumulating until some are redeemed.
- Please note that LifePoints expire after 15 months of no donation activity.

For LifePoints or Cholesterol assistance, please visit us at www.cbco.org or call (417) 227-5006

If you are deferred for:

- ☐ B/P ☐ Pulse ☐ Temperature
☐ Hemoglobin ☐ Question #: _____

You will be eligible to donate on: _____

- ☐ You are Indefinitely Ineligible
☐ Donor advised of deferral per Standard Operating Procedures

*If you have questions about your **deferral**, please call **1-800-280-5337**; ask for a member of DRS Management.*

Vital signs – 1st and 2nd :

B/P _____ I _____ Pulse _____ I _____
 Temperature _____ I _____ Hemoglobin _____ I _____

Donor Ticket

- ☐ NEYE Comment
☐ NEAR Comment

Appointment time: _____

☐ **QuickPass**