

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

**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 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](http://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](http://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 – 1<sup>st</sup> and 2<sup>nd</sup> :**

B/P \_\_\_\_\_ | \_\_\_\_\_ Pulse \_\_\_\_\_ | \_\_\_\_\_

Temperature \_\_\_\_\_ | \_\_\_\_\_ Hemoglobin \_\_\_\_\_ | \_\_\_\_\_

Donor Ticket

- NEYE Comment
- NEAR Comment

**Appointment time:** \_\_\_\_\_

**QuickPass**

