



You may donate if:										
Age: 17 years or older (16 with parental consent).										
Asthma (bronchial): OK, if symptom-free.										
Athlete: Avoid donating 2 - 3 weeks prior to a major competition. For practices, increase fluid intake and notify coach.										
Diabetes: OK, if stable.										
Food & Drink: Eating and drinking within 4 hours of donating is recommended. Please note that ingesting hot or cold items just prior to donating may affect your temperature.										
Heart/Lung: Wait 6 months if chronic problem with shortness of breath at rest, been on oxygen therapy, or had chest pain related to your heart.										
Plasma Donation: Wait 28 days from last donation. Contact Michigan Blood if frequent plasma donor.										
Pregnancy: Wait 6 weeks after delivery or interrupted pregnancy. Breast feeding is OK; red cell level may be affected by donating.										
Recurring Seizures: Wait 2 months without a seizure. If taking seizure med, must be on medication for 2 months without changes.										
Seasonal Allergies: OK, if symptoms are minor.										
Weight: All donors must weigh at least 112 lbs In addition, donors less than 19 years must meet the following height/weight requirements:										
Females less than 19 years old:										
Ht	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"
Wt (lbs)	154	150	146	142	138	133	129	124	120	115
Males less than 19 years old:										
Ht	4'8"	4'9"	4'10"	4'11"						
Wt (lbs)	130	125	120	115						
Additional Criteria for Double Red Donation:										
Males: 5'1" or taller 130 lbs or more 13.3-20.0 g/dL Hemoglobin										
Females: 5'5" or taller 150 lbs or more 13.3-20.0 g/dL Hemoglobin										

Please evaluate wait times if you've had or have:
Blood Transfusion or Transplant or Bone Graft: Ok if your own blood/tissue/bone was used. Wait 12 months if from another person.
Body/Ear Piercing: Wait 12 months if not performed with sterile, single use equipment. If used sterile, single use equipment, must be healed.
Broken bone with cast: Wait until after cast removed and released from doctor's care.
Cancer: Wait depends on type of cancer, but generally a 1 year wait after treatment for most types of cancer. Please call to discuss specific type.
Colds & Flu: OK, if no fever/diarrhea in past 24 hours and you feel well.
Immunizations / Vaccinations: Please call to discuss specific immunizations/vaccinations.
Infections: Wait until infection resolved and off antibiotics for 2 days.
Jail: Wait 12 months if in jail for more than 3 days in a row.
Medications: Please call to discuss prescription medications and the conditions for which they are taken. Most medications are acceptable.
Skin Injuries: Wait until wounds or burns are nearly or well healed, without infection and stitches removed.
Tattoos or Touch Ups or Permanent Makeup: Wait 12 months if not performed in regulated facility. If performed in regulated facility, must be healed.
TB Skin Test: OK if no symptoms of TB.
Travel: Go to miblood.org for potential infectious disease risks.
Please do not donate if you've had or have:
AIDS or Positive HIV Test
Leukemia as an adult or Lymphoma
Hepatitis B or C, or are a carrier of Hepatitis B or C
Ebola virus disease or infection