



REFERENCE GUIDE

Quick Tips for Completing the Donor Questionnaire

Prior to the donation, you will be asked a series of health and lifestyle questions. To assist you in answering these questions accurately, we've provided a quick reference guide for the medication history questions.



IMPORTANT

- Please **read each question carefully** before selecting the answer.
- Be sure to reference the **medication list** on this guide.
- If there are **questions you do not understand**, please leave them blank.

QUESTIONS COMPLETING THE QUESTIONNAIRE?

Central California Blood Center staff members will be **happy to assist you**.
Once you have completed the questionnaire, **please let us know!**

Some medications affect your eligibility as a blood donor for the following reasons:

Antiplatelet agents affect platelet function, so people taking these drugs should not donate platelets for the indicated time. You may still be able to donate whole blood or red blood cells by apheresis.

Anticoagulants or "blood thinners" are used to treat or prevent blood clots in the legs, lungs, or other parts of the body, and to prevent strokes. These medications affect the blood's ability to clot, which might cause excessive bruising or bleeding when you donate.

Isotretinoin, finasteride, dutasteride, acitretin, and etretinate can cause birth defects. Your donated blood could contain high enough levels to damage the unborn baby if transfused to a pregnant woman.

Thalomid (thalidomide), Erivedge (vismodegib), Odomzo (sonidegib), Aubagio (teriflunomide), Revlimid (lenalidomide), and Rinvoq (upadacitinib) may cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

Cellcept (mycophenolate mofetil) and Arava (leflunomide) are immunosuppressants that may cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

PrEP or pre-exposure prophylaxis involves taking a specific combination of medicines as a prevention method for people who are HIV negative and at high risk of HIV infection.

PEP or post-exposure prophylaxis is a short-term treatment started as soon as possible after a high-risk exposure to HIV to reduce the risk of infection.

ART or antiretroviral therapy is the daily use of a combination of HIV medicines (called an HIV regimen) to treat HIV infection.

Hepatitis B Immune Globulin (HBIG) is an injected material used to prevent hepatitis B infection following a possible or known exposure to hepatitis B. HBIG does not prevent hepatitis B infection in every case; therefore, persons who have received HBIG must wait to donate blood.

Experimental medication or unlicensed (experimental) vaccine is usually associated with a research study and the effect on the safety of transfused blood is unknown.

Thank you for being a blood donor!

DS DHQ-009a
03/20/26

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	14 days
	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	2 days
	Fragmin		dalteparin	2 days
	Lovenox		enoxaparin	2 days
	Pradaxa		dabigatran	2 days
	Savaysa		edoxaban	2 days
	Xarelto		rivaroxaban	2 days
	Coumadin, Warfilone, Jantoven		warfarin	7 days
	Heparin, low-molecular-weight heparin			7 days
Acne treatment	Accutane Amnesteem Absorica Claravis	Myorisan Sotret Zenatane	isotretinoin	1 month
Multiple myeloma	Thalomid Revlimid		thalidomide lenalidomide	1 month
Rheumatoid arthritis	Rinvoq		upadacitinib	1 month
Hair loss remedy	Propecia		finasteride	1 month
Prostate symptoms	Proscar		finasteride	1 month
	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	3 months
		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	2 years
Rheumatoid arthritis	Arava		leflunomide	2 years
Psoriasis	Soriatane		acitretin	3 years
	Tegison		etretinate	Ever
HIV treatment	Any medication to treat HIV. May also be called antiretroviral therapy (ART)			Ever
Experimental Medication				As defined by the medical director

CIRCUMSTANCES LIST

Some circumstances may affect your ability to donate
Certain donation types. PLEASE TELL US IF YOU ...

Anytime in the last...	Have had...
Today	- Routine dental cleaning - Severe acute disease of any form (a current disease of sudden onset that disrupts most of the person's normal activities)
In the last 7 days	- Fever - Flu-like illness - Severe acute disease of any form (a current disease of sudden onset that disrupts most of the person's normal activities)
In the last 14 days	Minor surgery
In the last 2 weeks	Toxoplasmosis
In the last 3 months	- Major dental procedure that required more than local anesthesia - Splash to face or open wound with someone else's blood - Needlestick injury with a needle exposed to someone else's blood - Tattoo, acceptable if tattoos were applied in a state regulated entity with sterile needles and non-reused ink - Ear or body piercing, acceptable if the piercing was performed using single-use equipment - Receipt of a blood transfusion - Receipt of an organ or tissue transplant - Receipt of a bone, skin or tissue graft - Sexual contact with someone who has hepatitis - Lived with someone who has hepatitis - Completed treatment for syphilis - Sexual contact with someone with a history of a positive HIV/AIDS test - Sexual contact with someone who has ever exchanged sex for money or drugs - Sexual contact with someone who has ever used needles to take drugs, steroids or anything NOT prescribed by their doctor - Corneal Transplant - Exchanged sex for drugs or money - Used needles to inject drugs, steroids or anything NOT prescribed by a doctor
Ever	- Used human growth hormone or any other medicines made from pituitary glands - Diagnosed with Creutzfeldt-Jakob Disease (CJD) or variant-Creutzfeldt-Jakob Disease (vCJD) - Blood relative diagnosed with genetic CJD or any other transmissible spongiform encephalopathy - Chronic (lasting three or more months) or relapsing (a disease that returns after the signs and symptoms had disappeared) disease of any form: - Renal Disease - Liver Disease - Central Nervous System Disease - Immunological Disease - Gastrointestinal Disease - Genitourinary Disease - Respiratory Disease - Metabolic Disease