

The interval between blood donations should be no less than three months. The donor shall be in good health, mentally alert and physically fit and shall not be a jail inmate or a person having multiple sex partners or a drug-addict. The donors shall fulfill the following requirements, namely:-

1. The donor shall be in the age group of 18 to 60 years
2. The donor shall not be less than 45 kilograms
3. Temperature and pulse of the donor shall be normal
4. The systolic and diastolic blood pressures are within normal limits without medication
5. Haemoglobin shall not be less than 12.5 g/dL
6. The donor shall be free from acute respiratory diseases
7. The donor shall be free from any skin disease at the site of phlebotomy
8. The donor shall be free from any disease transmissible by blood transfusion, in so far as can be determined by history and examination indicated above
9. The arms and forearms of the donor shall be free from skin punctures or scars indicative of professional blood donors or addiction of self-injected narcotics

B. Defer the donor for the period mentioned as indicated in the following table:

CONDITIONS	PERIOD OF DEFERMENT
Abortion	6 months
History of blood transfusion	6 months
Surgery	12 months
Typhoid fever	12 months after recovery
History of Malaria duly treated	3 months (endemic) 3 years (non endemic area)
Tattoo	6 months
Breast feeding	12 months after delivery
Immunization (Cholera, Typhoid, Diphtheria, Tetanus, Plague, Gammaglobulin)	15 days
Rabies vaccination	1 year after vaccination
Hepatitis in family or close contact	12 months
Hepatitis Immune globulin	12 months

C. Defer the donor permanently if suffering from any of the following diseases:

1. Cancer
2. Heart disease
3. Abnormal bleeding tendencies
4. Unexplained weight loss
5. Diabetes
6. Hepatitis B infection
7. Chronic nephritis

- Signs and symptoms, suggestive of AIDS
- 9. It is important to ask donors if they have been engaged in any risk behaviour. Allow sufficient time for discussion in the private cubicle. Try and identify result-seeking donors and refer them to VCTC (Voluntary Counseling and Testing Center). Reassure the donor that strict confidentiality is maintained.
- 10 Liver disease
- 11 Tuberculosis
- 12 Polycythemia Vera
- 13 Asthma
- 14 Epilepsy
- 15 Leprosy
- 16 Schizophrenia
- 17 Endocrine disorders

D. Private interview:

A detailed sexual history should be taken. Positive history should be recorded on confidential notebook.

E. Informed consent:

Provide information regarding:

1. Need for blood
2. Need for voluntary donation
3. Regarding transfusion transmissible infections
4. Need for questionnaire and honest answers
5. Safety of blood donation
6. How the donated blood is processed and used
7. Tests carried out on donated blood

N.B. This gives the donor an opportunity to give his/her consent if they feel they are safe donors

* Request the donors to sign on the donor card indicating that he is donating voluntarily.

6. DOCUMENTATION

Enter all details in the donor questionnaire form/card and computer