

Frequently Asked Questions:

Can I donate while taking certain medications?

Most medications are acceptable for blood donation; however, please call us at 1-800-688-0900 to determine if your medication defers you from donating for any period of time.

Can I donate if I have a tattoo?

Donors who receive tattoos are deferred from donating for 12 months, unless it was applied at a licensed tattoo parlor.

Can I donate with allergies?

Yes, as long as you currently have no sinus or respiratory infections.

Can I donate if I am anemic?

No, but if your hematocrit is at least 38.0 at the time of donation, you will be eligible to donate.

Can I donate if I have donated stem cells or bone marrow?

Yes, you may safely donate blood 8 weeks after the stem cell or marrow donation.

Can I donate if I am diabetic?

Yes, donors are eligible to donate as long as your diabetes is under control.

Can I donate if I am a nursing mother?

Yes, it is safe to donate at least 6 weeks after delivery.

Can I donate while menstruating?

Yes.

Before or after donating, will I be able to exercise or play sports?

Yes, but you should avoid lifting, pushing heavy objects, or engaging in strenuous exercise for 4-5 hours after your donation.

If you have any further questions contact servedc.info@dc.gov or (202) 727-7925.