

# GUIDELINES FOR MEDICAL ASSESSMENT OF **BLOOD DONORS**



**SANBS**

South African National Blood Service

# GUIDELINES FOR MEDICAL ASSESSMENT OF **BLOOD DONORS**

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## REVISION SUMMARY – MEDICAL CONDITIONS

CONDITION	CODES	COMMENTS	PAGE
Accidental exposure		Blood contact/splash, eye splash, needle stick and stab injuries - grouped under accidental exposure.	8
Age		Donation frequency for >65 years made 80 days.	9
Anaemia	An036	Table of Hb deferrals inserted, all types of anaemia grouped under anaemia.	11
Aplastic anaemia		Moved to anaemia - new code An036.	11
Arrhythmia		Arrhythmia/irregular pulse - moved to cardiovascular disease.	19
Bites		All types of bites grouped together.	14
Blind donor		Blind donor QIR added.	15
Bloodletting		Moved to cupping.	22
Body builder		Steroids deferral changed from 1 month to 6 months.	16
Boil		Moved to abscess.	8
Breastfeeding		Change from feeding once to until breastfeeding has been stopped.	17
Cancer		All types of cancer grouped under cancer.	18
Candidiasis		Thrush added under Candidiasis.	19
Cardiovascular diseases		All cardiac or cardiovascular diseases grouped under cardiovascular diseases.	19-20
Carditis	Ca 028	Covered under endocarditis (En004) and pericarditis (Pe002).	19
Cervical cancer	Ce006	Covered under cancer of the cervix Ca004, grouped under cancer.	18
Chikungunya	Ch017	Change to 6 months deferral.	21
Childhood illnesses grouped together: i.e. Mumps, Measles, Rubella and Chickenpox	Codes remain the same Mumps(Mu002, Mu003) Measles(Me 001/Me002) Rubella(Ru001/Ru001) Chickenpox(Ch007- retained for infection and created Ch017 for contact)	Deferral 3 weeks for all. Rubella - deferral changed from 4 weeks to 3 weeks.	21

## REVISION SUMMARY – MEDICAL CONDITIONS

CONDITION	CODES	COMMENTS	PAGE
Concussion	Co007/008/009	Covered under Brain Injury Br004/005/006.	16
Convulsions/Fits	Co015	Covered under Epilepsy Ep001.	26
Corneal transplant		6 months deferral for sex partner added.	57
Coronary artery disease	Co017	Covered under Ischaemic heart disease Is001/Is002.	19
Coronary bypass surgery	Co018	Covered under Bypass surgery By001.	46
Cosmetic surgery	Co021/Co022	Covered under Breast enlargement Br 010, Br 012, and other surgeries performed.	90
Cough	Co025	Covered under common cold/TB/asthma/influenza/Pneumonia.	21, 57, 108, 117
CT/CAT/bone scan		Covered under isotope scan.	35
Dengue fever	De006	Change to 6 months deferral.	23
Dental procedures (implantation phase)	De021	Added under dental procedures - grouped.	47
Diarrhoea	Di 002	Covered under gastroenteritis (Ga007).	29
Diving		Moved to Occupation and Leisure.	42
Donor who is early for donation		Added.	24
Donors who are writing exams	Do009	Defer for 2 days before exams.	25
Duodenal ulcer	Du002	Covered under gastric ulcers (Ga005).	29
Dysmenorrhoea		Moved to menstruation.	40
Ear infection		Moved to Otitis.	42
Ebola		Covered under viral haemorrhagic fever.	59
Eye conditions		All grouped.	27
Eye conditions (retinal detachment)	Ey003	Align with retinal detachment Re006.	27
Failed phlebotomy		Changed from 30 days to 7 days.	28
Fever blister		Moved to Herpes Simplex.	32
Foreigner with permanent residency		Added.	28

## REVISION SUMMARY – MEDICAL CONDITIONS

CONDITION	CODES	COMMENTS	PAGE
Gigantism		Moved to acromegaly.	8
Glandular fever		Moved to Epstein-Barr virus.	27
Grandmal seizure	Gr002	Under epilepsy.	26
Haematological malignancies (other)	Ca034	Others not including Leukaemia and Lymphoma.	18
Heart failure	He005, He006	Same as Congestive cardiac failure Co010 - under cardiac diseases.	19
Helicobacter pylori	He009	Covered under Gastric ulcer.	29
Hiatus hernia	He026	laparotomy.	32 & 45
Hiatus hernia	He027	laparoscopy.	32 & 45
High risk behaviours		Grouped together.	33
HIV positive donor	Hi012	Changed to Hi012.	33
HIV test seeker	Do008	Covered under donor phoning in for blood test results.	24
Hyperglycaemia	Hy011	Covered under diabetes mellitus.	23
Hyperventilation	Hy008	Defer for 7 days.	34
Infectious disease	IN006	Covered under each disease.	Check pages for individual diseases
Infectious mononucleosis	IN001/IN002	Covered under Epstein-Barr virus (Ep 004/003).	27
Influenza		Changed to 7 days deferral period (align with common cold).	35
Information technology (IT) Code	IT001	Removed since it is not specific and causing confusion amongst staff.	-
Ischaemic heart disease		Moved to cardiovascular disease.	20
Jaundice		Covered under Hepatitis.	32
Kavady prayers (same as acupuncture)		Aligned it to be 6 months deferral period (high risk) and moved to acupuncture.	8
Keratosis		Moved to skin diseases.	53
Kidney diseases		Grouped together.	36
Lassa fever		Moved to viral haemorrhagic fever.	59
Leishmaniasis		Covered under Kala Azar.	36
Letters		All letters from specialists for discussion and authorisation by Medical Manager (MM) before the donor is bled.	-

## REVISION SUMMARY – MEDICAL CONDITIONS

CONDITION	CODES	COMMENTS	PAGE
Lockjaw		Moved to tetanus.	55
Malaria - high risk areas residents	Ma018	Re-worded.	38
Malaria - residents or frequent visitors	Ma019	Re-worded.	38
Male to male sex	Hi008	Not used any more.	-
Malta fever		Added under Brucellosis.	17
Mammoplasty	Ma012	Covered under Br010 - under procedures.	48
Manic depressive	Ma013	Covered under bipolar disorder (Bi002).	48
Measles, Mumps, Rubella and Chickenpox		Added under childhood illnesses.	21
Menorrhagia		Moved to menstruation.	40
Mentally retarded donor		Moved to psychiatric diseases.	48
Miscarriage		Moved to abortion.	8
MSM question	Hi008	Not applicable any more.	-
Muscular conditions	Mu006	Covered under the actual individual conditions.	-
Myalgic encephalomyelitis		Covered under Yuppie flu.	66
Nose bleed		Moved to epistaxis.	26
Occupation and Leisure: a. Piloting an aircraft/crew member b. Passengers of international flights c. Major marathons (>42km running, 100km cycling)	Oc002 Oc004 Oc003	Defer 72 hours before and 72 hours after the flight. Defer 1 day before and 1 day after the flight. Defer for 1 month before and after the run or cycle.	42
Oxygen therapy		Moved to decompression chamber.	47
Peptic ulcer		Moved to gastric ulcer.	29
Pericious anaemia		Moved to anaemia.	11
Piercings		Grouped together.	33
Procedures (surgical)		Grouped together.	45 - 48
Psychiatric disorders		Grouped together.	48

## REVISION SUMMARY – MEDICAL CONDITIONS

CONDITION	CODES	COMMENTS	PAGE
Pulmonary embolism	Pu001 and Em003	Covered under Embolism Em002.	26
Raajib/scarification		Moved to high risk behaviours.	33
Ramsay-Hunt syndrome		Moved to Herpes zoster.	32
Rape/sexual assault		Moved to high risk behaviours.	33
Rift Valley fever		Moved to Dengue fever.	23
Rubella changes for Both infection and contact	Ru002 and Ru001	Change deferral from 4 weeks to 3 weeks.	2
Schistosomiasis		Moved to Bilharzia .	14
Schizophrenia		Moved to psychiatric diseases.	48
Scratches/wounds		Grouped under lacerations.	37
Sexually transmitted diseases		Grouped together.	52
Sex with recent/new partner	Hi013	Allocated Hi013 - Defer for 6 months.	33
Shingles		Moved to Herpes zoster.	32
Shock therapy		Moved to Electroconvulsive therapy.	26
Sickle cell anaemia		Moved to anaemia.	11
Skin diseases		Grouped together.	53
Splenic anaemia		Moved to anaemia.	11
Stevens-Johnson syndrome		Moved to allergies.	10
Stings		Grouped together.	54
St Vitus dance		Moved to Rheumatic fever under Cardiovascular diseases.	51
Thoracic outlet syndrome	Th009	Added.	
Thyroid diseases		Grouped together.	
Transplants		Grouped together.	
Transurethral Resection of the Prostate (TURP)	Pr0030	Changed from 3 months to 6 months, procedure done through scope.	45
Viral haemorrhagic fevers		Grouped together.	59
Vomiting	Vo001/Vi002	Covered under gastroenteritis (Ga007).	29
Zika area traveller		New/emerging disease added.	63
Zika sexual partner inf/travel		Deferral period 28 days.	63

## REVISION SUMMARY – MEDICATION

CONDITION	CODES	COMMENTS	PAGE
Anabolic steroids	An001	For body building deferral changed from 1 month to 6 months. Sex partner- deferral 6months added. A Dr's letter will be required for prescribed steroids use.	16 & 64
Analgesics	An004	Deferral changed from 2 weeks to 1 week.	64
Antacids	An013	Moved to correct category - prostaglandins.	73
Anticonvulsants		Acceptable (deferral dropped) for whole blood and double red cell collections. Plasma for NBI use only. Deferrals remain unchanged for Apheresis platelet and plasma collections.	65
Anti-fibrinolytic agents		Added - defer for 3 days after stopping the drug.	66
Anti-malaria drugs		Quinidine - deferral changed from 4 weeks to 5 days after stopping the drug for platelets donations.	66
Anti-psychotic drugs		Deferral on drugs removed, focus should be on patient stability/control.	67
Anti-viral drugs		Pre-exposure prophylaxis (PrEP) added.	68
Appetite suppressants		Acceptable if all other criteria is met.	68
Botox/carboxytherapy		Acceptable - 1 week deferral dropped.	68
Dermatologicals	De014 and De017	Neotigason - deferral changed from 2 years to 3 years. Retin A - acceptable. Deferral of 3 days dropped.	70
Immunoglobulin		All Immunoglobulins, deferral made 6 months.	72
Mood stabilisers		Check under anti-convulsants drugs.	72
Prostaglandins (Cytotec)	Pr009 (new)	Misoprostol (Cytotec tabs) - defer whilst on the drug due to teratogenic side effects. Defer for 1 day after discontinuing.	73
Teratogenic drugs		Dienoestrol and Ribavarin deleted, not available in SA.	75

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Abortion/miscarriage (Ab001)	Defer for 3 months. Check for blood or blood component usage e.g. anti-D immunoglobulin. See blood transfusion recipient.
Abscess (Ab002)/Boils (Bo002)	Defer until healed. Infection must be completely cleared. Donors must be off all antibiotics for a period of one week (7 days)
Accidental Exposure to Blood (Ac001)	Defer 6 months regardless of wound assessment or antiretroviral prophylaxis. See Anti-Viral drugs. Blood contact/splash (BI003). Eye Splash (Ey007). Needle stick injury (Ne001). Stab injuries (St001).
Acoustic Neuroma (Ac005)	Benign - Accept. Malignant - Defer 5 years. See radiation and chemotherapy. If surgically removed - see brain surgery.
Acromegaly/gigantism	Accept if donor is healthy and there are no complications related to over activity of the pituitary gland such as hypertension and diabetes. Check medication.
Actinomycosis (Ac006)	Defer until off medication for 1 week and condition completely resolved.
Acupuncture/Kavady prayers (Ac007)	Accept if needles used were sterile disposable (used only once) or donor had own needles and the procedure was performed by a recognised practitioner. Defer for 6 months if these criteria were not met in full.
Addison's disease (Ad001)	Defer indefinitely.
Age (Apheresis Donor)	Donations are not limited to 4 times a year in the regular Apheresis donor who is over the age of 65 years. It is recommended that the interval should be 4 weekly, with the donor monitored by a yearly protein check. Under certain circumstances and in consultation with the BTS MM the donation interval may be 2 weekly for a specified period. WB donors >65 years old who wish to become Apheresis donors may do so provided all Apheresis criteria are met and authorised by BTS MM.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Age (Ag002)	<p>a) The minimum age for donation is 16 years.</p> <p>b) First time donors over the age of 65 years will not be accepted.</p> <p>c) Lapsed donors over the age of 65 years will not be actively recruited. If they present at a clinic and meet all the donor eligibility criteria they may be bled but only after producing a doctor's letter certifying them fit.</p> <p>d) Repeat donors: after their 64th birthday they should be made aware of the age criteria. The following must be discussed with the donor at the clinic:</p> <ul style="list-style-type: none"> <li>• The reason for the age criteria needs to be explained to him/her. (see age definition)</li> <li>• The need for a doctor's letter stating they are fit and well. It is also a good idea for the doctor to list any medication that the donor is taking. Advise the donor that this letter will be required every 2 years. (Ag002)</li> <li>• Donors must be made aware that they may only donate 4 or fewer times a year, donation frequency is 80 days.</li> <li>• The donor may be bled at this visit provided all donor eligibility criteria are correct.</li> <li>• Put in a comment on the donor's record that he/she has been notified about the requirement of a doctor's letter.</li> <li>• If by the time the donor has reached his 68th birthday a letter is not on file, he will not be able to donate and will be deferred indefinitely (unless he/she brings a letter).</li> </ul>
Agranulocytosis (Ag001)	Defer indefinitely.
AIDS (AI003)	<p>Defer indefinitely.</p> <p>Any person who is HIV positive or a sex partner of an HIV positive person must not donate.</p> <p>The Donor Registration Form asks questions relating to the signs and symptoms of AIDS/HIV infection, and to the diseases related to it, e.g. Swollen glands (lymph nodes) Night sweats/fever. Prolonged diarrhoea. Persistent cough. Skin rashes/lesions.</p> <p>Unexplained weight loss.</p> <p>Defer if any of these conditions apply.</p>
Albinism	Acceptable.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Alcoholism (AI005)	Accept if not intoxicated at time of donation and not on medication, e.g. antabuse. Accept only if it is assessed that the donor gives a reliable medical history and has no risk factors for disease transmission. If on antabuse defer 2 weeks after last dose or 2 weeks after removal of antabuse implant. Check for sepsis if implant has been recently removed.
Allergies (AI007)	<b>SEVERE ALLERGIES:</b> Donors presenting with a history of severe allergy e.g. anaphylactic reaction, glottal oedema, severe bronchospasm, drugs and foods allergies (e.g. Stevens-Johnson syndrome) must be deferred indefinitely. <b>ALLERGY TO BEE STING</b> - acceptable 1 week after reaction. See Bee sting. <b>SEASONAL ALLERGY:</b> Donors with mild hay fever or mild asthma are generally acceptable. They may be using short or long acting antihistamines; nasal sprays (aerosol inhalers) or be receiving desensitisation injections. The important consideration is how the donor feels on the day of donation. If he/she has streaming eyes, blocked nose, and looks unwell, defer until the acute phase is over. <b>DESENSITISING INJECTIONS:</b> Donors receiving desensitising injections may donate 48 hours after the injection. These injections can be distinguished from immunoglobulins as they are given as a series of injections. Also see steroids if appropriate.
Alopecia	Acceptable if not on treatment. Take a detailed drug history as some of these drugs are teratogenic e.g. Propecia. See hormone inhibitors.
Alzheimer's disease (AI008)	Defer indefinitely.
Amoebic Dysentery (Am001)	Acceptable 3 months after treatment and full recovery.

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY	
Anaemia (An002)	a) Do not accept if under a doctor's care for anaemia. b) If deferred due to failure of BTS Haemoglobin screening, then manage donor as below (Refer INF-DSC-034).	
	Management of HemoCue Results in Female Donors	Management of HemoCue Results in Male Donors
	Hb reading between 11 – 12.4g/dl <ul style="list-style-type: none"> <li>• Give the 'Food Rich in Iron' pamphlet.</li> <li>• Defer for 3 months.</li> <li>• Record the Hb failure with the Hb reading on the donor form and the donor's computer record</li> <li>• No letter required.</li> </ul>	Hb reading between 11.5 – 12.4g/dl <ul style="list-style-type: none"> <li>• Give the 'Food Rich in Iron' pamphlet.</li> <li>• Defer for 3 months.</li> <li>• No letter required.</li> <li>• Record the Hb failure with the Hb reading on the donor form and the donor's computer record</li> </ul>
	Hb between 10.5 – 11g/dl <ul style="list-style-type: none"> <li>• Give the 'Food Rich in Iron' pamphlet.</li> <li>• Defer for 6 months and note this in the medical report block.</li> <li>• Record the Hb failure with the Hb reading on the donor form and the donor's computer record.</li> </ul> Complete Hb letter and advise donor to take this to her doctor.	Hb between 10.5 – 11.4g/dl <ul style="list-style-type: none"> <li>• Give the 'Food Rich in Iron' pamphlet.</li> <li>• Defer for 6 months and note this in the medical report block.</li> <li>• Record the Hb failure with the Hb reading on the donor form and the donor's computer record</li> </ul> Complete Hb letter and advise donor to take this to his doctor.
	Hb < 10.5g/dl (HemoCue registers LLL) <ul style="list-style-type: none"> <li>• Give the 'Food Rich in Iron' pamphlet.</li> <li>• Defer for 12 months.</li> <li>• Record the Hb failure with the Hb reading on the donor form and the donor's computer record</li> </ul> Complete Hb letter and strongly recommend that the donor makes an appointment to see her doctor.	Hb < 10.5g/dl (HemoCue registers LLL) <ul style="list-style-type: none"> <li>• Give the 'Food Rich in Iron' pamphlet.</li> <li>• Defer for 12 months.</li> <li>• Record the Hb failure with the Hb reading on the donor form and the donor's computer record</li> </ul> Complete Hb letter and strongly recommend that the donor makes an appointment to see his doctor.
The cause of the anaemia must be ascertained and treated by the donor's own doctor. The donor may be re-instated if the deficiency has been corrected, and the donor passes the Haemoglobin-screening test. c) Donors who are treating themselves for a supposed anaemia by taking 'Over-the-counter medications may be accepted provided they pass the copper sulphate test. d) Donors who have failed their Hb more than once in a 12 month period should be advised to seek medical advice and preferably donate no more than once every 6 months. Other Types of Anaemia: <ol style="list-style-type: none"> <li>i) Haemolytic anaemia (Ha005) - defer indefinitely</li> <li>ii) Pernicious anaemia - a donor who is receiving treatment (Vit B12) will be acceptable provided he/she passes the Hb screening test.</li> <li>iii) Aplastic anaemia - defer indefinitely.</li> <li>iv) Sickle cell anaemia (Si001) - defer indefinitely.</li> <li>v) Splenic Anaemia (Sp005) - defer indefinitely.</li> </ol>		

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Aneurysm (An006)	Defer indefinitely. The exception is a Beri-aneurysm which is acceptable after 3 years if no sequelae. This long deferral period is due to the risk of CJD.
Angina pectoris (An007)	History of angina with no surgical intervention (by-pass or stent/angioplasty) - defer indefinitely. Angina with surgical intervention may be acceptable. See Ischaemic Heart disease.
Ankylosing spondylitis (An012)	Defer until inflammation is dormant. Take a detailed drug history; if on any drug other than maintenance anti-inflammatory (e.g. immunosuppressive drugs, gold) refer to the BTS MM. Do not use as platelet donor if on anti-inflammatory medication. See arthritis. See anti-rheumatoid agents.
Ankylosing spondylitis (An012)	Defer until inflammation is dormant. Take a detailed drug history; if on any drug other than maintenance anti-inflammatory (e.g. immunosuppressive drugs, gold) refer to the BTS MM. Do not use as platelet donor if on anti-inflammatory medication. See arthritis. See anti-rheumatoid agents.
Appendicitis (Ap002)	Acute - defer until asymptomatic. Chronic - defer for 1 week after last attack and ensure donor is off antibiotics and asymptomatic.
Arterial thrombosis (Ar002)	Defer indefinitely or where applicable refer to MLO. Certain donors may be acceptable with a covering letter of consent from their treating physician or cardiologist.
Arteriogram (Ar003)	Defer until treating cardiologist has given consent or report for donor to donate. If arteriogram is negative and donor asymptomatic accept after 2 weeks.
Arteriosclerosis (Ar004)	A history of heart disease or a stroke necessitates deferral in most cases. Refer to Ischaemic Heart disease and Cerebrovascular disease criteria. Where appropriate: See lacerations. See stab wounds.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Assault (As002)	Where appropriate: See lacerations. See stab wounds. See accidental exposure to blood.
Asthma (As001)	If feeling well donor is acceptable between attacks. Accept if on maintenance dose of medication e.g. acceptable if using inhaler no more than twice daily. Exclude if severe e.g. if they have had hospital admissions or taken or completed a course of steroids in the last 7 days. Advise the donor to always carry the inhaler when donating blood.
Athlete's foot	Acceptable.
Atrial fibrillation	A letter from a cardiologist is required. Depending on the report, the BTS MM will assess deferral or acceptance of the donor.
Atrial Septal Defect	See Congenital Heart disease.
Attention Deficit Disorder	Condition is acceptable. Most ADD and ADHD are treated with Ritalin which is acceptable.
Auto-Immune disease (Au001)	May donate if only one organ involved. Defer indefinitely if disease involves more than one organ or the donor has needed treatment to suppress the condition in the last 12 months. Examples: Rheumatoid Arthritis - accept if only joints involved. Crohn's disease - accept if the donor has no symptoms and not on treatment. Ulcerative colitis - accept if patient is well and not on treatment. Hashimoto's and Grave's disease - accept once stable (see Grave's disease; see Hashimoto's disease). Systemic Lupus Erythematosus (SLE) - defer indefinitely.
Autologous Blood Transfusion	Ascertain that no allogeneic blood (blood from another person) or other blood products have been transfused. If donor only had Autologous blood, defer according to surgical procedure. See Blood Transfusion Recipient.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Babesiosis (Ba001)	Defer indefinitely.
Barium meal (Ba002)	Defer/accept according to diagnosis. If investigation negative defer for 2 weeks post investigation.
Barlow's syndrome (Ba003)	Requires an assessment and report by a cardiologist/physician. Accept only if asymptomatic and donor has a normal effort tolerance. No further letter will be required provided the donor remains asymptomatic.
Bartholin's cyst (Ba004)	Defer until infection has completely cleared and donor is symptom free. If on antibiotics defer for 1 week after completion of treatment. Exclude STDs and high risk life style.
Bell's palsy (Be002)	Acceptable 6 months after full recovery.
Benign Prostatic Hyperplasia (Be006)	Benign prostatic hyperplasia (BPH) - Acceptable if laboratory results confirm benign lesion or defer according to how donor was managed (Prostatectomy, biopsy, etc.).
Berger's disease (Be003)	Defer indefinitely.
Bilharzia/Schistosomiasis (Bi001)	Acceptable 6 months after successful treatment and cure.
Bites (Bi004)	Sister in charge to assess circumstances regarding risk factors, sepsis and exposure to blood: ANIMAL BITE (An011). In general bites which have broken skin should be deferred for 2 months. If rabies is suspected defer for 6 months. DOG BITE- a) Defer for 2 months if no suspicion of rabies. (Do001) b) Defer for 6 months if rabies is suspected and received vaccine/immunoglobulin (Do002). These donors may become HYPERIMMUNE PLASMA DONORS once the deferral period has expired. Donors who have been vaccinated against rabies (e.g. vets, dog unit officers) should be given the option of joining the RABIES PLASMAPHERESIS programme. HUMAN BITE (Hu001). If bite considered high risk for transmission of HIV or Hepatitis B - defer 6 months. INSECT BITE (Bi 004). Assess seriousness of bite, enquire about antibiotic use and defer accordingly. See Bee sting if applicable. SNAKE BITE (Sn001)/(Sn002) - If no antivenom administered defer for 1 month after complete recovery. (Sn001) If antivenom administered defer for 6 months. (Sn002) SPIDER BITE - Acceptable after bite has healed. See antivenom in medication criteria. TICK BITE (Ti001) - Defer for 3 weeks if inflamed and no systemic symptoms i.e. simple tick bite.

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Blackwater fever (BI001)	Defer 3 years. See malaria.
Bleeding tendencies (BI002)	Defer indefinitely.
Blind Donor	<p>Acceptable provided a staff member who can communicate in a language that is understood by the donor assists as follows:</p> <ol style="list-style-type: none"> <li>1. The following documents have to be read out loud to the donor at every donation.               <ol style="list-style-type: none"> <li>a. Donor Questionnaire (INF-DSC-024E/A).</li> <li>b. Are you donating blood for the right reasons (INF-DSC-MAR003E/A) pamphlet.</li> </ol> </li> <li>2. A SANBS staff member assists the donor to complete the questionnaire by reading all the questions out loud and ticking them off for the donor as stipulated in the donor criteria. Family, friends, colleagues or teachers are not allowed to help any donor to complete the Donor Questionnaire.</li> <li>3. The employee asking the questions and completing the Donor Questionnaire, signs on Page 4 of the Donor Questionnaire.</li> <li>4. The one-on-one interview is done as per procedure for all donors.</li> <li>5. Interviewer signs for having done the one-on-one interview as per procedure.</li> <li>6. If the donor cannot sign the Donor Questionnaire, two SANBS employees (if possible, independent from the SANBS employee who asked the questions), signs where the donor was supposed to sign, to state that the donor has indicated that he consents to everything as per the declaration. The reason for the SANBS employees signing on behalf of the donor needs to be documented next to the signatures.</li> <li>7. The following information needs to be documented and signed on Page 4 of the Donor Questionnaire in the Remarks section:               <ol style="list-style-type: none"> <li>a. Pamphlet read by:</li> <li>b. Donor Questionnaire read and completed by:</li> <li>c. Person accompanying donor stating that the donor is blind and/or disabled and is presenting to donate blood:</li> </ol> </li> <li>8. The donation proceeds as per usual procedure for all donors.</li> </ol>
Blood diseases (BI004)	<p>Defer indefinitely.</p> <p>Ascertain diagnosis and where necessary discuss with MM/consultant/medical liaison officer.</p>
Blood poisoning (BI005)	Defer for 3 months after full recovery and off medication.
Blood Transfusion recipient (BI006)	<p>People who have received blood or blood products must be deferred for 6 months.</p> <p>The sex partner of a person who has received a blood or blood product/s must be deferred for 6 months.</p> <p>Ascertain reason for transfusion.</p> <p>Autologous Blood Transfusions - a look back must be done by the BTS to ascertain that no allogeneic blood (blood from another person) or other blood products have been transfused. If donor only had Autologous blood, defer according to surgical procedure.</p> <p>Recipient of Directed donation - defer as for allogeneic transfusion recipient (blood from another person).</p> <p>Recipient of immunoglobulins - see immunoglobulin in the medication list. Blood Salvage Procedure - acceptable and defer according to surgical operation. Check that no other blood products were used.</p>

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Body Builder (Bo008)	If taking steroids, defer until donor has been off medication for 6 months. Check when accepting these donors that they comply with donor eligibility as some of them may have had unprescribed anabolic steroids. Defer indefinitely if steroids were self-injected. See Medication, Anabolic Steroids.
Bone graft (Bo003)	If Autologous or Allogeneic (from another person) bone graft defer for 6 months.
Bornholm disease (Bo004)	Defer for 3 months after complete recovery.
Borrelia (Bo005)	Defer for 2 years after complete recovery.
Botulism (Bo007)	Estimate the severity of the food poisoning and defer accordingly: Mild: 2 weeks. Severe: 4 weeks.
Bradycardia (Br002/Br001)	Donors with pathological bradycardia are excluded. (Br002) Donors who have been on beta blockers for at least 1 month, and have a pulse rate of 60 or greater may donate. The BP and pulse must be taken before and after donation. (Br001) Exceptions are made for fit, athletic individuals who undertake strenuous exercise. Long distance runners, etc. who have a slow pulse rate may be accepted with a pulse rate as low as 44 beats per minute.
Brain injury (Br004/Br005/Br006)	Mild concussion, or transient loss of consciousness and no surgical intervention defer 3 months. (Br004) Severe - longer loss of consciousness, with/without skull fracture, with no sequelae acceptable after 6 months after discussion with MM/consultant/director. (See epilepsy and brain surgery) (Br005) Severe brain injury with sequelae (e.g. cognitive or neurological impairment), defer indefinitely. (Br006)

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Brain scan	Accept or defer depending on final diagnosis.
Breastfeeding (Br011)	Defer until breastfeeding has been stopped.
Bronchiectasis (Br013)	Defer indefinitely.
Bronchitis (Br014)	ACUTE - acceptable 1 week after completion of antibiotics and fully recovered. CHRONIC - acceptable if no signs or symptoms of infection and no cardiac complication. If on prophylaxis defer indefinitely. Acceptable 1 month after full recovery.
Bronchopneumonia (Br015)	Acceptable 1 month after full recovery.
Brucellosis/Malta fever (Br016)	Acceptable 2 years after symptom free and after agglutination test becomes negative. Skin test results are not helpful as they may remain positive for years.
Buerger's disease (Bu001)	Defer indefinitely.
Bulimia (Bu002)	Do not accept if donor is under nourished and weighs less than 50 kg. Check medication.
Bullet wounds	Ascertain severity and defer as for minor (3 months) or major (6 months) operations. Ascertain whether a blood transfusion was required.
Burns (major) (Bu004)	Defer for 6 months until the donor has full recovery.
Burns (minor) (Bu005)	Acceptable if healed and no sepsis. If the area is extensive the sister should assess the burn and defer accordingly.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
<p>Cancer/carcinoma/ malignancy (Ca006/Ca007/Ca008/ Ca009/Ca011)</p>	<p>ANGIOMA (An009) - Acceptable.</p> <p>BREAST CANCER (Simple lumpectomy) (Br009). Even if completely excised, and on no other therapy, defer for 5 years. BURKITT'S TUMOUR (Bu003) - Defer indefinitely.</p> <p>CANCER OF THE CERVIX</p> <ul style="list-style-type: none"> <li>• Carcinoma in situ (CIN) lesions treated by either Laser, cautery (Ce007) or cone biopsy may be acceptable if donor is fit and well and brings a letter from treating gynaecologist stating the 6 month follow-up PAP smear is negative. (Ca005)</li> <li>• All other Ca Cervix - defer 5 years. (Ca004) See Radiation therapy and chemotherapy.</li> </ul> <p>LEUKAEMIA, LYMPHOMA, and any other haematological malignancy - defer indefinitely. (Ca034)</p> <p>MYELOMA (My004) - defer indefinitely.</p> <p>SKIN CANCER (Sk001) (excluding melanoma) A letter from the treating doctor stating the histological diagnosis or copy of histology report is required.</p> <ul style="list-style-type: none"> <li>• Basal Cell and Squamous carcinoma - acceptable after 3 months if completely excised and healed.</li> <li>• Melanoma in situ acceptable after 5 years of being disease free. (Ca007)</li> <li>• Melanoma - defer indefinitely. (Ca008)</li> </ul> <p>PROSTATE CANCER (Pr004)</p> <p>a) If the cancer is localised to prostate only: a letter from the urologist confirming the diagnosis and treatment is required, this letter is required every 2 years.</p> <ul style="list-style-type: none"> <li>• The donor is acceptable 6 months post operatively provided the markers of cancer (PSA) are within acceptable ranges. (Pr007)</li> <li>• If the donor has had brachytherapy, i.e. small radiation implants, the donor is acceptable 6 months after brachytherapy provided the markers of cancer (PSA) are within acceptable ranges. (Pr005)</li> </ul> <p>b) If cancer extends beyond the prostate gland, additional treatment such as chemotherapy and/or hormone therapy will be used. These donors must be deferred for 5 years. (Pr006)</p> <p>ALL SOLID TUMOURS e.g. SARCOMA (Sa005) - defer 5 years. If after 5 years there is no evidence of recurrence and the donor is well, he/she may be reinstated. A letter from treating doctor is required. (Ca009)</p> <p>For all cancers, see chemotherapy, radiation therapy and/hormone inhibitors).</p>

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Candidiasis/Thrush (Ca012)	Defer for 7 days. Ascertain that there is no immunodeficiency.
Cardiovascular disease (Ca027)	<p>A history of heart disease necessitates permanent deferral in most cases. Donors with coronary artery disease, whether they have had surgery or not, may not tolerate the drop in blood pressure and the compensatory heart rate increase.</p> <p>IF ACCEPTABLE A COVERING LETTER OF CONSENT TO DONATE FROM THEIR CARDIOLOGIST /PHYSICIAN/TREATING DOCTOR IS REQUIRED AND MUST BE DISCUSSED WITH BTS MM BEFORE ALLOWED TO DONATE. THIS MUST BE REVIEWED 2 YEARLY AND THESE DONORS WILL BE RETIRED AT 65 YEARS.</p> <p>CARDIAC ARREST/HEART ATTACK (Ca019) - Defer indefinitely anyone with a history of cardiac arrest unless this was due to electrolyte imbalance or electric shock.</p> <p>CARDIAC ARRHYTHMIA (Ca020)/ARRHYTHMIA (Ar001) -</p> <ul style="list-style-type: none"> <li>1<sup>st</sup> detection of irregular pulse: A nursing sister to do 2<sup>nd</sup> check. If confirmed not to be regular and donor is assessed as healthy (e.g. plays sport, no effort dyspnoea or chest pain) by the sister, the donor may be given the option of going to his/her GP for a check-up or returning in 2 months to be reassessed by BTS staff.</li> <li>2<sup>nd</sup> Irregular Pulse detection: If on a second occasion the pulse is found to be irregular the donor must not be bled and must be referred his/her GP for medical assessment which would include an ECG report or comment on ECG by treating doctor. A donor who has an irregular pulse and has been given permission to donate by BTS MM is acceptable to donate even if irregular on the day.</li> </ul> <p>CARDIAC ASTHMA (Ca021) - Defer indefinitely.</p> <p>CARDIAC MURMUR (Ca023) - Accept only if benign and asymptomatic e.g. Physiological murmur or Floppy Mitral valve (Barlow syndrome) where donor has a normal effort tolerance. Any donor with a valve lesion or valve replacement will be deferred. A donor on prophylactic antibiotics defer indefinitely.</p> <p>CARDITIS/MYOCARDITIS e.g. Endocarditis (En004) - defer until fully recovered, no permanent heart damage and off therapy. Pericarditis (Pe002) - Ascertain cause and defer for 6 months after full recovery.</p> <p>CONGESTIVE CARDIAC FAILURE/HEART FAILURE (Co010) - Defer indefinitely.</p> <p>CONGENITAL HEART DISEASES (ASD, VSD, PDA) - Surgically repaired ASD/VSD/PDA - acceptable if the donor has undergone surgical correction of the congenital abnormality, has normal effort tolerance, no murmur and not on prophylactic antibiotics.</p>

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
	<p>CORONARY THROMBOSIS (Co019) - defer indefinitely however, donors who have had cardiac bypass surgery or stent/angioplasty, may be acceptable with a covering letter of consent from the patient's cardiologist.</p> <p>HEART BLOCK Wolf-Parkinson-White syndrome. (Wo001)</p> <p>1<sup>st</sup> degree - accept with physician/cardiologist letter.</p> <p>2<sup>nd</sup> and 3<sup>rd</sup> degree (Pacemaker) (Pa001) - Defer indefinitely.</p> <p>ISCHAEMIC HEART DISEASE/MYOCARDIAL INFARCTION (Is001/Is0020) -</p> <p>a) Defer indefinitely if diagnosis confirmed and no surgical intervention i.e. on medication only.</p> <p>b) The donor may be acceptable if he/she has undergone some surgical intervention i.e. coronary by-pass surgery or stent/angioplasty and is fit to donate.</p> <p>c) If unsure of diagnosis defer until information received from the treating physician. Information required such as present treatment, medical or surgical management, results of stress ECG and echocardiogram.</p>
Carpal tunnel syndrome	Acceptable.
CAT scan (Ca031)	Defer for 2 weeks if contrast medium was used however, ascertain diagnosis and defer accordingly.
Cellulitis (Ce001)	Defer until inflammation has resolved and off antibiotic therapy for 1 week.
Cerebral aneurysm (Ce002)	Beri-aneurysm - defer for 3 years if no sequelae. Any other cerebral aneurysm - defer indefinitely.
Cerebral palsy (Ce003)	One must take into consideration the severity of the cerebral palsy. Exclude severe spastics with mental retardation otherwise accept with covering letter from patient's own doctor. The donor must be capable of completing the questionnaire without any assistance from accompanying person.
Cerebrovascular accident (CVA) (Ce004)/ Cerebrovascular disease (Ce005)	Defer indefinitely. Under certain circumstances and in consultation with BTS MM, a donor with mild hemiplegia or someone who has fully recovered from a stroke may donate. If recent CVA: Defer for 12 months, get a doctor's report. Discuss with BTS MM - Neuro/cardio/hypercoagulable state. Donors who had a recent CVA/TIA should be deferred for 12 months after the incident and a doctor's letter will be required.
Chaga's disease (Ch003)	Defer indefinitely.
Chest pain	Check diagnosis, e.g. pleurisy, pneumonia, angina, etc. and defer according to the condition.

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Chikungunya (Ch017)	Defer for 6 months after all have resolved.
Childhood illnesses (Measles, Mumps, Rubella, Chickenpox)	<p>a) Donors with Measles, Rubella, Mumps or Chickenpox - defer for 3 weeks after full recovery.</p> <ul style="list-style-type: none"> <li>• Measles (Me002)</li> <li>• Mumps (Mu003)</li> <li>• Rubella (Ru002)</li> <li>• Chickenpox (Ch007)</li> </ul> <p>b) Donors in close contact with patients having active Measles, Rubella, Mumps or Chickenpox and who are asymptomatic: defer for 3 weeks following last day of close contact.</p> <ul style="list-style-type: none"> <li>• Measles (Me001)</li> <li>• Mumps (Mu002)</li> <li>• Rubella (Ru001)</li> <li>• Chickenpox (Ch007)</li> </ul> <p>c) A contact with history of previous infection from any of the above illnesses, accept the donor.</p>
Cholecystitis (Ch011)	Defer for 4 weeks after recovery.
Cholera (Ch012/Ch013)	Defer for 3 months after infection. (Ch012) Cholera contact defer for 3 weeks after exposure. (Ch013).
Cholesterol	High cholesterol with or without treatment - acceptable if fit and symptom free without cardiovascular complications.
Chorea (Ch014)	See Rheumatic fever.
Cirrhosis (Ci004)	Defer indefinitely.
Coeliac disease (Co001)	Accept if well and on a gluten free diet.
Colitis (Co002/Co003)	Crohn's and Ulcerative colitis (Co002) - defer indefinitely if disease involves more than one organ or the donor has needed treatment to suppress the condition in the last 12 months. Colitis due to other causes (Co003) - acceptable 4 weeks after recovery.
Common cold (Co006)	Defer if symptomatic. Many donations are unnecessarily lost because the donor thinks he/she has a cold. In reality this may only be dry nasal and laryngeal mucous membranes due to dry indoor atmosphere, especially in winter. A runny nose may also be due to hay fever (see allergies). Accept if donor only has rhinitis (runny nose), feels well and has a normal temperature. Defer for 7 days if donor has any symptoms such as a sore throat, productive cough, sinusitis, fever, etc.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Conjunctivitis - allergic and infective (Co013)	Allergic - Acceptable. Infective - defer until resolved. If on oral antibiotics defer for 1 week after completion of antibiotics.
Conn's syndrome (Co014)	The individual case is discussed with the BTSMM. A letter from the treating doctor needs to be obtained.
Corneal transplant (Co016)	Defer donor indefinitely. Defer sex partner for 6 months from date of transplant.
Coxsackie Virus (Co026)	Acceptable after 1 month following full recovery.
Creutzfeldt-Jakob disease/ Mad Cow disease (CJD) (Cr001)	Defer indefinitely. Defer indefinitely first degree blood relatives (mothers, fathers, sons, daughter, sisters, brothers, uncles, aunts, first cousins). Notify BTS MM if a donor is deferred for nvCJD or CJD.
Crohn's disease (Cr002)	Acceptable if disease only involves the bowel, the donor is well and has not been on treatment for 12 months. Defer indefinitely, if disease involves more than one organ or the donor has needed treatment, such as Salazopyrin, to suppress the condition in the last 12 months.
Cupping/bloodletting (Cu002)	Defer for 6 months.
Cushing's disease or Cushing's syndrome (Cu001)	Defer indefinitely.
Cyanosis (Cy001)	Defer indefinitely. Establish cause, e.g. secondary polycythaemia. Acceptable as a patient with covering letter of referral from patient's own doctor.
Cyst (Cy002)	Defer if infected or inflamed. Acceptable once off treatment and fully recovered.
Cystic fibrosis (Cy003)	Defer indefinitely.
Cystitis (Cy004)	Acceptable 2 weeks after recovery and off treatment.
Cytomegalovirus (CMV) (Cy006/Cy007)	Defer for 6 months after full recovery. (Cy007) Close contacts (Cy006) - defer for 3 months after exposure.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Deaf Donor	Acceptable provided the donor is able to read and answer the questions on the Donor Health Questionnaire In the one-on-one, questions may be written and answered in text.
Deep vein thrombosis DVT) (De002)	Defer for 6 months. The donor must be off medication and with doctor's letter.
Dehydration (De004)	If due to excessive sweating or vomiting and diarrhoea defer for 4 weeks.
Dementia (De005)	Defer indefinitely.
Dengue fever/Rift Valley fever (De006)	Donors who have suffered a febrile illness: defer for 6 months following full recovery from infection.
Depression (De011)	May be accepted if not severely depressed at the time of donation otherwise defer until condition has stabilised. Defer if the donor is on more than 2 anti-depressants. Ascertain that donor satisfies all eligibility criteria. See anti-depressant drugs.
Dermoid cyst (De018)	Defer for 3 months after surgical removal.
Diabetes insipidus (Di001)	Defer indefinitely.
Diabetes mellitus (Di008)	Defer indefinitely if donor has complications of diabetes e.g. vascular disease, amputation, etc. Diabetics who are diet controlled, on oral agents or on insulin are acceptable provided: <ol style="list-style-type: none"> <li>They bring a letter of permission to donate from their treating doctor. This letter must be renewed every 2 years. Repeat donors who are diet controlled will be given a time period of one year to obtain this letter.</li> <li>If on oral therapy, acceptable if controlled at last checking (blood glucose between 3.6 - 12mmol/l)</li> <li>If on INSULIN therapy, acceptable if controlled (blood glucose between 3.6 - 12mmol/l) - The glucose level is required to be done on the day of donation on glucometer at home and the value must be given to the BTS staff member who will record it on the donor's form. Check that there is no evidence of infection, especially at the insulin needling site. All diabetic donors must have had a light meal prior to donating; their BP and pulse should be taken before and after donating. The Sister-In-Charge (SIC) may only bleed the donor provided the letter indicates the diabetic is well controlled and has no complications. The letter will be forwarded by SIC with donor questionnaire to MLO.</li> <li>Hyperglycaemia (Hy011) - Defer until the blood sugar level has stabilised and there are no signs and symptoms of poor control i.e. passing lots of urine and drinking lots of water.</li> <li>Hypoglycaemic coma (Hy012) - Anyone with a recent history of hypoglycaemic coma must be deferred for at least 1 month from the time of the episode.</li> </ol>

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Dieting (Di006)	Accept if donor is eating a well-balanced diet, e.g. Weigh-Less. Crash diets, diet mixtures, etc. defer until donor is eating normally and the weight is stable. See appetite suppressants.
Diphtheria (Di003)	Defer for 3 months after recovery.
Dislocated Joint	Acceptable provided the donor is not in severe pain. If there has been repeated dislocation of a major joint e.g. shoulder joint a more invasive procedure of internal fixation may be used. The deferral would then be at least 3 months.
Diverticulitis (Di004)	Defer for 4 weeks if donor is not experiencing pain.
Donath-Landsteiner syndrome (Do003)	Defer indefinitely.
Donor Phoning in for Blood Test Results/HIV test seeker (Do008)	<p>The person taking the call needs to establish why:</p> <p>a) the donor wants his/her blood group results - acceptable</p> <p>b) the donor wants his/her HIV results</p> <ul style="list-style-type: none"> <li>• If it is because he/she erroneously thought the result could be used for insurance then accept provided the donor meets all the donor eligibility criteria.</li> <li>• If the donor would like to know his/her status, refer the donor to an HIV testing centre and discard the unit.</li> <li>• If the donor admits to or staff detects high risk behaviour, refer to an HIV testing facility, discard the unit and defer for 6 months.</li> </ul>
Donor Unable to read questionnaire	<p>If the donor has left his/her spectacles at home the BTS staff is allowed to read the questions to them. It is required that this is noted in the medical report block.</p> <p>If Donor and medical assessor are able to communicate in an alternative language, the following must occur: Write Adequate comprehension of Questionnaire - Accept and note which language you communicated in, in the Medical Report block on the DF.</p> <p>If inadequate comprehension of Questionnaire - Thank the donor for making the effort to attend and where appropriate, encourage him/her to try again at a clinic where the Medical assessor is known to be able to effectively communicate in a mutual language. Record that the donor is unable to read or speak English or Afrikaans in the medical report block.</p>
Donor who is early for blood donation (before due date)	Donors who are 1 to 7 days early and were not deferred for anything, feeling well and have not donated early previously, are acceptable ONLY after authorisation by the Medical Manager.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Donor who has not Eaten	Donors who have not eaten a snack between 4 - 14 hours: Sister to assess donor, taking into account what is normal for the donor, is the donor a first time or repeat donor and the risk of a vasovagal reaction. If the sister decides the donor may be bled, offer the donor refreshments in the clinic. If the donor refuses the snack or has not eaten for more than 14 hours, staff to recommend that donor come back after eating.
Donor who participates in a Clinical Drug or Vaccine Trials (Do004)	a) Was this an HIV vaccine trial? If yes then defer indefinitely (permanently) on the basis of the problem of a repeat reactive test result. If no, ask question. b) When did you participate in this clinical/vaccine trial? If >12 months ago. No further action provided donor fulfils all eligibility criteria. If < 12 months ago. Do not bleed the donor. Request information as to the institution/doctor co-coordinating the trial. A standardised letter will be sent to the trial doctor requesting the following information: What is the name and function of the drug? What is the half-life of the drug? Is the drug teratogenic? Does the trial coordinator consider it safe?
Donors who have spent time in UK	Plasma will be discarded. Fractionated products will not be made from the plasma of donors who from 1980 to 1996, spent time that adds up to 12 months in the United Kingdom (England, Wales, Scotland, Ireland, Channel Islands or Isle of Man). These donors' whole blood unit will be used for red cells. (See vCJD)
Donors who are writing exams (Do009)	Defer for 2 days before an exam.
Down's syndrome (Do005)	Assess understanding. Accept if donor fully understands questions and procedures, otherwise defer indefinitely. Donor is required to complete the questionnaire themselves with no assistance from accompanying parents/carers.
Drug Addiction/Abuse (Dr001)	Permanently deferred for use of unprescribed intravenous drugs. Use of other recreational drugs (smoked, sniffed or taken orally) does not necessarily require a permanent deferral. The sister in charge must assess the donor for any potential high risk exposure whilst under the influence of recreational drugs.
Duchennes Muscular Dystrophy (Du001)	May donate. May not donate if unable to climb independently on and off the bed.
Dysentery (Dy001)	Defer for 3 months after treatment and recovery.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
ECG	Refer ECG and accompanying letter to the BTS MM who will accept/defer according to diagnosis. Routine ECG not associated with any underlying condition, acceptable and no letter required.
EEG	After discussion with BTSMM, defer/accept according to diagnosis.
Electro-convulsive therapy (ECT)/Shock therapy (EI001)	Defer for 6 months after treatment or until over the acute phase of their illness. Accept with a letter from the psychiatrist confirming they are stable and competent to complete the questionnaire and satisfy all the donor eligibility criteria.
Electrolysis (EI002)	Accept if needles used were disposable or donor has own needles and a recognised therapist performed the procedure. Defer for 6 months if these criteria were not met in full.
Eligibility criteria	Accept if healthy, >16years old, weighs more than 50 kg and has answered no to all high risk questions i.e. confirm with the donor that he/she does not fall into a risk category for sexually transmitted disease.
Embolism (Em001/Em002/)	Defer indefinitely (Em002) e.g. Pulmonary Embolism. Accept if a specific cause for an isolated embolus has been identified and anti-coagulants have been stopped for at least 6 months (Em001). If on Warfarin see deferral period in medication criteria. Consent from the donor's treating doctor is required.
Emphysema (Em004)	Accept if mild i.e. on treatment such as a bronchodilator and breathing comfortably. Severe or symptomatic (severe shortness of breath, cyanosis) - defer indefinitely. Accept patients for therapeutic venesection with doctor's referral letter. This letter will be required to be renewed at least every 2 years and a report from the treating doctor may be requested by the BTS MM more frequently. The blood may not be used for transfusion if the patient has a therapeutic venesection more frequently than once every 56 days. The SIC must access the condition of the donor if safe to be bled and discuss with MM.
Encephalitis	Contact (En001) defer for 1 month after exposure. Uncomplicated (En002) - defer for 6 months. With cognitive/neurological impairment (En003) - defer indefinitely.
Endometriosis	Acceptable if no complications.
Epilepsy/fits/convulsions (Ep001)	Convulsions due to trauma, adult onset and juvenile epilepsy - all acceptable if; a) No surgery involved and the donor has been off treatment and seizure free for at least 1 year. b) On treatment and seizure free for at least 1 year, see medication for anticonvulsants. A doctor's letter to confirm that the donor is well controlled is required every 2 years.
Epistaxis (Ep002)	Accept once the bleeding has stopped and meets all other criteria.

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Epstein-Barr virus/ Glandular fever/Infectious mononucleosis/	Defer for 6 months after full recovery. (Ep004). Close contacts - Defer for 3 months following full recovery.
Eye conditions (Ey001/Ey002/Ey003/ Ey004/Ey005/Ey006)	Benign - accept. Malignant - defer indefinitely (Ey006). CATARACT and INTRAOCULAR LENS IMPLANT - defer for 1 month after surgery (Ca032/Ey005). If complications defer for 3 months (Ca033/Ey001). GLAUCOMA (GI003) - Defer for 3 months following an acute attack. Accept if stable and on maintenance therapy for at least 1 month. LASER KERATOTOMY for correction of vision and other eye surgery like cataract removal and implants - defer for 1 month (Ey002). PTERYGIUM - accept. STYE (St010) - defer until clear, check antibiotic use. RETINAL DETACHMENT (Re006) - defer 6 months. May donate with letter of consent from ophthalmologist.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Failed phlebotomy	Defer for 7 days.
Fainting (Fa001/Fa002)	Two consecutive faints following blood donation or severe faint on first visit defer indefinitely (Fa001). Donors who faint before donating should be deferred indefinitely (Fa002). Other episodes of syncope usually require indefinite deferral. In certain circumstances donation may be possible after evaluation by the treating doctor and in consultation with BTS MM.
Felty's syndrome (Fe001)	Defer indefinitely.
Fever (Fe004)	Establish reason for fever and defer accordingly. If no apparent underlying cause donor must be deferred until he/she has been symptom-free for 4 weeks.
Fibrositis	Acceptable. Check for use of anti-inflammatory drugs.
Food Poisoning	If vomiting/diarrhoea lasted less than 24 hours and donor is symptom-free - Accept. If vomiting/diarrhoea was for more than 24 hours and the cause was not established (Fo001) - defer for 4 weeks.
Foot and Mouth disease (Fo002)	Accept 2 weeks after the blisters have dried.
Foreigner (with permanent residency)	Accept if meets all criteria. Ensure to check for Malaria Risk and CJD criteria.
Fracture (Fr001/Fr002/Fr003/Fr004)	MINOR - defer for 3 months - e.g. Open reduction of upper limb, ribs, scaphoid, shoulder or wrist - and until fracture is healed (Fr003). Closed reduction of ankle, arm, collarbone, face - defer for 1 month after injury (Fr001). Trivial (crack/fractures) (Fr004) e.g. Fractured toe, finger or green-stick fractures - defer for 1 week after injury. MAJOR (Fr002) - defer for 6 months - e.g. fractured femur, hip, pelvis. Skull or Spinal fracture - without neurological impairment. Skull or Spinal fracture, with neurological impairment defer indefinitely or under certain circumstances may donate after discussion with MM.
Friedreich's ataxia (Fr005)	Defer indefinitely.
Frozen shoulder	Acceptable. Check for use of anti-inflammatory drugs. Donors who have had intra-articular steroid injections are acceptable provided they are not in severe pain.
Fungal infection	Most fungal skin infections acceptable provided the venesection site is not involved. Confirm that there is no underlying immune-depressive disorder. See Anti-Fungal treatment.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Gall stones (Ga001)	Defer for 4 weeks after treatment and fully recovered.
Ganglion	Acceptable.
Gangrene (Ga002)	Defer until healed. Establish cause of gangrene. Do not accept if due to diabetes or circulatory problems.
Gastric/Duodenal ulcer/ Helicobacter pylori	Bleeding gastric ulcers (Ga005) - defer for 6 months and must be stabilised on treatment. No history of haemorrhage from the ulcer and no current symptoms - accept. Symptom-free donors on antacids and/or medication such as Tagamet, Zantac, and Losec are acceptable.
Gastritis (Ga006)	Defer until donor has completed acute medication and has no further signs and symptoms.
Gastroenteritis (Ga007)	Establish cause and defer accordingly. If vomiting/diarrhoea lasted less than 24 hours and donor is symptom-free - Accept. If vomiting/diarrhoea was for more than 24 hours and the cause was not established (Ga007) - defer for 4 weeks.
Gilbert's syndrome	Defer for 1 month after recovery. Jaundice must have cleared.
Gilles de la Tourette's syndrome	Acceptable with doctor's letter, providing donor is well controlled. Check whether or not medication prohibits donor from donating.
Gingivitis (Gi001)	Defer until infection has cleared and donor has completed antibiotic therapy.
Glomerulo-nephritis (GI004)	Defer for 3 months. Donor must be symptom-free and off treatment.
Glossitis (GI005)	Defer until symptom free.
Gout	Defer temporarily during acute attack. Acceptance period after attack will be determined by the medication used during acute attack. See anti-inflammatory and anti-gout drugs.
Graft-versus-Host disease (Gr001)	Defer indefinitely. In order to prevent Graft-versus-Host disease in recipients of directed blood transfusions from genetically related family members, the donor blood must be irradiated with gamma irradiation.
Guillain-Barré syndrome (Gu001)	Defer for 3 years and donor must be fully recovered.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Haemangioma	Acceptable.
Haematemesis (Ha001)	Defer for 6 months. Establish the cause.
Haematoma	Accept donor if there is only minor bruising due to specific trauma and the venepuncture site is clear. Large or multiple bruising establish a diagnosis and defer accordingly.
Haematuria (Ha002)	Ascertain diagnosis. Defer for 4 weeks and donor must be fully recovered.
Haemochromatosis	Acceptable as therapeutic patients with doctor's referral. Accept as a blood donor only if satisfies all eligibility criteria and not venesected more than once every 56 days.
Haemolytic disease of the new-born	Donors who had haemolytic disease of the new-born (jaundice) at birth are acceptable.
Haemophilia A and B (Ha007)	<ul style="list-style-type: none"> <li>a) Both - defer indefinitely (Ha007)/(Ch016).</li> <li>b) Sex partner - defer for 6 months after last sexual contact. (Ch015)</li> <li>c) Known carriers of coagulation disorders (e.g. Haemophilia A and B) may be accepted provided they have normal coagulation factor levels, no bleeding or bruising tendency and have not received treatment with blood products. Letter from a doctor confirming normal coagulation factor levels will be required.</li> </ul>
Hay fever	Acceptable when symptom free. If on medication, accept on maintenance dose. Exclude if on a course of high dose steroids. Nasal sprays e.g. Beconase are acceptable as the steroid is not systemically absorbed. Also see desensitising injections) in medication section.
Heartburn (He007/He008)	Acceptable. If the donor has recently had a surgical repair of a hernia defer accordingly.
Hepatitis (Alcoholic with or without cirrhosis)	Accept only if it can be ascertained that the prospective donor no longer ingests alcohol excessively and the donor satisfies all other eligibility criteria. Discuss with the BTS MM if appropriate.
Hepatitis (Halothane Induced)	Acceptable once fully recovered from surgery and satisfies all other eligibility criteria.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Hepatitis (Spouse or sex partner) (He021)	<ol style="list-style-type: none"> <li>1. If the donor's sex partner has been ill i.e. had active hepatitis, defer for 6 months after partner's recovery provided all tests are negative (including Hepatitis B core antibody and PCR).</li> <li>2. Sex partner has chronic hepatitis, carrier state, HBsAg positive - defer indefinitely.</li> <li>3. Hep B carrier with sex partner who has been vaccinated for HBV - partner to be deferred indefinitely.</li> <li>4. Sex partner HCV positive - defer indefinitely.</li> <li>5. Donor who had a sex partner who was either Hep B or Hep C positive, but who is no longer involved in this relationship, defer 6 months from last sexual contact.</li> </ol>
Hepatitis A (He010/He011)	<p>Defer for 6 months after recovery.</p> <p>Accept with doctor's letter or laboratory proof confirming that the illness was hepatitis A. (He011)</p> <p>Close (household) contact (He010) - defer for 8 weeks</p> <p>If received immunoglobulin prophylaxis - defer for 6 months.</p> <p>Casual (workplace) contacts acceptable.</p>
Hepatitis B (He012/He013)	<p>Permanently exclude any donor who has a confirmed history of hepatitis B infection (He013).</p> <p>HBV Contacts (He012): Close contact i.e. sharing the same household facilities (kitchen and/or toilet) - defer for 6 months.</p> <p>Sex partner (He021) -</p> <ul style="list-style-type: none"> <li>• If the donor's sex partner has been ill i.e. had active hepatitis, defer for 6 months after partner's recovery provided all tests are negative (including Hepatitis B core antibody and PCR).</li> <li>• Sex partner has chronic hepatitis, carrier state, HBsAg positive - defer indefinitely.</li> <li>• Hep B carrier with sex partner who has been vaccinated for HBV - partner not acceptable because of possible viraemia.</li> <li>• Donor who had a sex partner who was either Hep B positive, but who is no longer involved in this relationship, defer 6 months from last sexual contact.</li> </ul> <p>Casual contact with medical professionals (doctors and nurses) or with a fellow employees without specific exposure is acceptable.</p>
Hepatitis C (He016/He017)	<p>History of hepatitis C infection (He016) - defer indefinitely.</p> <p>Sex partner (He017).</p> <p>Sex partner HCV positive - defer indefinitely.</p> <p>Donor who had a sex partner who was Hep C positive, but who is no longer involved in this relationship, defer 6 months from last sexual contact.</p> <p>Contacts (workplace and household) - acceptable.</p>

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Hepatitis following medication toxicity (He020)	Ascertain reason for taking medication. Usually acceptable once donor has fully recovered.
Hepatitis of unknown origin (He019)	Individuals with a history of jaundice or hepatitis must only be considered as blood donors 12 months after recovery from the illness. If the cause can be established through the person's own doctor - defer/accept according to the diagnosis. If the cause of hepatitis cannot be established - take a thorough history from the donor and record this in the Medical Block. The type of information required is when the illness occurred, symptoms, treatment, length of illness, treating doctor and any other information the donor offers. Mark the Yes for the relevant Question for Hepatitis on the Donor Form. On Meditech: Bleed the donor and place the hepatitis marker on the donor record in order to quarantine the unit, take the same 3 routine specimens as per normal donation. These donations will be quarantined while tests (Standard BTS virology + anti-core + anti-HBs) are being done to determine the surface and core antibody status of the donor. In the event of a positive anti-core result, the donor will be notified and then permanently deferred. All donors who undergo this additional testing will be notified of their results by letter even if all results are negative. Donors found to be negative will be allowed to continue as blood donors. They will however have to continue answering "Yes" to the jaundice question on each donation, but will not be subjected to repeated evaluation as the following comment 'Hepatitis/Evaluated/Accept' will appear on the donor's record which will alert the clinic staff that the donor has previously been dealt with and may be bled.
Hepatomegaly (He022)	Defer indefinitely.
Hernia	Acceptable if symptom free and no complications. Includes hiatus, inguinal, umbilical and abdominal. For repairs refer to procedures.
Herpes Simplex I (cold Sore/fever blister) (He023)	Defer if symptomatic. Herpes Simplex I/cold sores - Accept when healed.
Herpes Zoster/ Ramsay Hunt syndrome (He025)	Defer for 2 weeks provided there is resolution of lesions. Contacts - acceptable. Consider recruitment for PLASMAPHERESIS programme for immunoglobulin. Caution for other underlying diseases such as HIV.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
High Risk behaviour	<p>HIV Positive Donor (Hi012) - defer indefinitely.            Any person who is HIV positive or a sex partner of an HIV positive person - defer indefinitely.            The Donor Registration Form asks questions relating to the signs and symptoms of AIDS/HIV infection and to the diseases related to it, e.g. swollen glands (lymph nodes), night sweats/fever, prolonged diarrhoea, persistent cough, skin rashes/lesions and unexplained weight loss - defer if any of these conditions apply.</p> <p><b>ALL THE HIGH RISK BEHAVIOURS BELOW, DEFER FOR 6 MONTHS</b></p> <ul style="list-style-type: none"> <li>• SEX WITH A RECENT/NEW PARTNER (Hi013) - defer for 6 months from beginning of the new sexual relationship.</li> <li>• SEX WITH MORE THAN ONE SEX PARTNER IN THE LAST 6 MONTHS (Hi003).</li> <li>• CASUAL SEX OR SEX WITH SOMEONE WHOSE SEXUAL BACKGROUND YOU DON'T KNOW (Hi004).</li> <li>• SEX WITH AN ESCORT OR SEX WORKER (Hi005).</li> <li>• SEX IN EXCHANGE FOR MONEY, DRUGS OR GOODS (Hi006).</li> <li>• SEX WITH A MALE OR FEMALE SEX WORKER (Hi009).</li> <li>• SEXUAL ASSAULT/RAPE (Se004/Se005) - Partner and rape victim - defer for 6 months after the assault and tests negative for HIV, HCV, HBV and syphilis.</li>   <li>• TATTOOING (Ta002)</li> <li>• PIERCINGS - perineal (Pe003), tongue (To001), ear (Ea002), nipple (Ni002), nose (No001), Body Piercing (Bo001)</li> <li>• SCARIFICATION/RAATIB (Sc001)</li>   <li>• INJECTED YOURSELF OR BEEN INJECTED WITH ANY DRUG OR SUBSTANCE, including steroids, which has NOT been prescribed by your doctor - defer indefinitely (Hi007). (See anabolic steroids).</li> </ul>
Hodgkin's disease (Ho001)	Defer indefinitely.
Housemaid's knee	Acceptable.
HTLV I/II (HT001)	Defer indefinitely.
Huntington's Chorea (Hu002)	Defer indefinitely.
Hydatid cyst (Hy001)	Acceptable if treated and asymptomatic.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Hydatidiform mole (Hy002)	Defer for 6 months.
Hydrocele (Hy003)	Acceptable if there are no complications.
Hypertension (Hy015)	<p>1) A person who's systolic is above 180mm Hg or whose diastolic pressure is above 100mm Hg is not to be bled (180/100mmHg): An elevated blood pressure may indicate a state of anxiety. If the blood pressure is high, allow the donor to rest for 5 minutes and repeat. Make sure the cuff is correctly applied. Make sure tight clothing does not restrict the upper arm. Offer to re-check the donor's BP at the donor centre - defer for 1 day. If the blood pressure is above the acceptable range (180/100mm Hg) do not be pressured into allowing the donor to donate. Advise the donor to visit his/her doctor. Donors may donate once they have been on anti-hypertensive treatment for at least 4 weeks and their BP is stable.</p> <p>2) Donors who have had a change in their hypertensive medication may be bled 4 weeks after the change provided they have no side effects and the BP is acceptable. All donors with hypertension must bring a letter of permission to donate from their treating doctor (as a once-off).</p> <p>3) If a donor is on anti-hypertensive therapy and has a low BP when they donate, there is a risk of stroke or heart attack. Defer hypertensives on therapy if systolic &lt;110 mmHg or diastolic &lt;65 mm Hg (Hy004) - defer for 7 days.</p> <p>4) If a donor is on a beta blocker this should be noted on the medical comments to alert staff that a post donation pulse check should be done.</p> <p>5) If the donor has defaulted/discontinued treatment, defer until back on treatment for at least 4 weeks and must bring a doctor's letter.</p>
Hyperventilation (Hy008)	Because of the emotional component of hyperventilation, there is a strong indication that the donor may have a psychological predisposition to faint and circulatory collapse. For this reason, the donor must be calmed down before being allowed to donate. Failure to respond - defer for 7 days.
Hyperventilatory tetany (Hy009)/	Allow the donor to place a small paper bag over the mouth and nose in order to re-breathe expelled air. This usually relieves the spasms by increasing the carbon dioxide in to the system.
Carpopedal spasm (Ca030)	Defer indefinitely if donor has more than 1 episode.
Hypofibrinogenemia (Hy010)	Defer indefinitely.
Hypotension (Hy013)	<p>a) If blood pressure is below 100/60 mmHg and not on medication (Hy013), defer for 1 day.</p> <p>b) If a donor is on anti-hypertensive therapy and has a low BP when they donate, there is a risk of stroke or heart attack. Defer hypertensives on therapy if systolic &lt;110 mmHg or diastolic &lt;65 mm Hg (Hy004) - defer for 7 days.</p>

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Idiopathic Thrombocytopaenic Purpura (ITP) (Id001)	Defer indefinitely.
Inflammation	Assess the cause of the inflammation, check medication and defer accordingly.
Influenza (In003)	Defer for 7 days and symptom free.
Intravenous (IV) drug use (In004)	Defer indefinitely. This includes illegal use of IVI steroids.
Intravenous Pyelogram (In005)	Establish diagnosis. If no significant disease - defer for 2 weeks after procedure.
Ischiorectal abscess (Is003)	Defer for 1 month, if fully recovered and off all treatment.
Isotope Scan (e.g. CAT scan, bone scan) (Is004)	Defer for 2 weeks after procedure. Check the indication and results of procedure.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Kala Azar/Leishmaniasis (Ka001/Ka002)	Defer indefinitely (Ka002). Travellers who have been to Iraq will be deferred for 12 months (Ka001).
Kaposi Sarcoma (Ka003)	Defer indefinitely.
Kidney diseases	Defer or exclude according to the diagnosis. <b>KIDNEY FAILURE (Ki001)/TUBULAR NECROSIS</b> Chronic failure - defer indefinitely. Under certain circumstances in acute renal failure where there has been full recovery of renal function; a donor may be acceptable after 1 year, provided a letter of consent is sent by the treating doctor. If donor was dialysed for acute renal failure and renal function recovered - defer for 1 year (Ha003). <b>KIDNEY STONES (Ki002)</b> Kidney stones without any surgical intervention: Acceptable if asymptomatic. Defer for 3 weeks after an acute attack. Kidney stones with surgical intervention: a) Laser removal - defer for 1 month b) laparoscopy/laparotomy - defer for 6 months <b>NEPHRITIS - Acute - defer for 6 months until fully recovered. (Ne003) Chronic - defer indefinitely. (Ne004)</b> <b>POLYCYSTIC KIDNEY- Acceptable if on no treatment and has a normal renal function.</b> Acceptable if on hypertensive treatment provided a doctor's letter is obtained from the treating doctor. <b>PYELITIS (Py001) - defer for 1 week, must have completed course of antibiotics and fully recovered.</b> <b>RENAL COLIC (Re003) - defer for 3 weeks. Acceptable when symptom free.</b>
Klebsiella (KI001)	Defer for 4 weeks after complete recovery.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Lacerations/wounds/ scratches (La001)	Establish the circumstances and check for contamination of wound. Acceptable once healed and no indication of infection. If there was possible blood contamination from another source defer for 6 months (see accidental exposure to blood).
Lapsed donor	Acceptable if they fit the criteria and there are no medical reasons why they cannot donate.
Laryngitis (La006)	Defer for 2 weeks and fully recovered.
Legionnaires' disease (Le001)	Defer for 6 weeks until fully recovered.
Leprosy (Le002)	Defer for 3 years post treatment and fully recovered.
Leptospirosis (Le005)	Defer for 3 months post treatment and fully recovered.
Leucocytosis (Le003)	Ascertain diagnosis and defer accordingly (e.g., leukemia, benign). Infection - defer for 7 days. Do not accept whilst leucocyte level is raised as this is usually an indication of an underlying disease or infection.
Lipoma/Lipomatosis	Acceptable. No letter or report required.
Listeriosis (Li001)	Defer for 6 months after full recovery and no complications.
Lung disorder	Establish diagnosis. Lung Fibrosis/Sarcoidosis, Pulmonary TB. If in doubt consult with the BTS MM. Infection acceptable after treatment and complete recovery.
Lyme disease (Ly001)	Defer for 7 days after a full course of antibiotics has been completed and the donor is totally asymptomatic.
Lymphadenitis (Ly002)	Establish diagnosis. Defer according to diagnosis and until patient is completely asymptomatic and off antibiotics for 1 week.

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
<p>Malaria Risk Area (Ma003/Ma004)</p>	<p>1) A VISITOR to a malaria area is defined as a person visiting a defined malaria area from dusk to dawn (sunset to sun rise). (Ma004)</p> <p>a) If a person has visited a malaria area within the borders of South Africa or a malaria area outside the borders of South Africa, the period of deferral for whole blood and/or platelet donation is 4 WEEKS after leaving the malaria area. After 4 weeks, the donor may be bled; however the malaria area label must be attached to all blood donations for up to 3 MONTHS after exiting the malaria area.</p> <p>b) The following cities/towns have been designated NON-MALARIAL AREAS: Nelspruit, Gaborone and Windhoek. If the donor has been out of the town/city and into the countryside between dusk and dawn, the donor must be deferred for 4 weeks. The malaria label must then be applied to all units donated up to 3 months after exiting the area.</p> <p>2) RESIDENTS OR FREQUENT VISITORS TO A MALARIA AREA (PMA): All blood collected from the individuals who reside in or frequently visit the low risk malaria areas, demarcated by grey areas on the DoH map, must be labeled with the <b>"green malaria area label"</b> and must preferably be retained in the malaria area. The blood may however be used outside the malaria area (provided that the label is affixed). Mbabane and Manzini to be treated as GREY Malaria Areas.</p> <p>3) DONORS WHO LIVE OR FREQUENTLY VISIT AND ARE BLED IN HIGH RISK MALARIA AREAS demarcated red areas on the DoH Map.</p> <p>a) Must have the <b>"blue malaria label"</b> attached to the unit.</p> <p>b) This blood is only to be issued in this high malaria risk area. Should these donors present for donation at another clinic outside the high risk malaria area, the recommendation should be that they donate when back at home.</p> <p>4) DONORS WHO GREW UP IN A MALARIA AREA OUTSIDE SOUTH AFRICA: This refers to donors who spent the majority of their childhood i.e. anytime from birth to 15 years of age in another country outside South Africa that is endemic for malaria. If the answer to this question is "yes" the interviewer must ascertain from the prospective donor how long she/he has been out of the area. If the time absent from the area is greater than 3 years (no visits back to the area) the donor is permitted to donate provided she/he satisfies all the other donor criteria. If the donor re-visits the area or any other malaria endemic area outside SA within the past 3 years even after having donated; they must wait for another 3 years from the last visit (Ma003).</p> <p><b>GENERAL NOTE FOR MALARIA AREAS:</b> Blood must be labelled throughout the year irrespective of seasonal peak times for malaria. Donors who have visited or lived in a malaria area must be educated about the importance of notifying the BTS if they develop symptoms suggestive of malaria soon after donating. Donors who are resident in or have recently visited malaria areas are acceptable for donations of plasma intended for fractionation including the donation of plasma for hyperimmune plasma programme (i.e. the 4 week deferral period does not apply).</p>

## MEDICAL CONDITIONS

DONOR TYPE	DEFERRAL YES/NO	DEFERRAL PERIOD	MARKER	LABEL	MARKER AND LABEL PERIOD
Grew up outside SA in malaria area (Ma003)	Yes	3 years from last visit of any malaria area outside South Africa.	None	None	N/A
SA donor visiting any malaria area (Ma004)	Yes	4 weeks	Green	Green	3 months from date of return.
Residents or frequent visitor to a malaria area (Permanent malaria area-low risk)	No	No	Green	Green	3 months from date of return. The units must preferably be retained in the malaria area. The blood may however be used outside the malaria area (provided that the label is affixed). If they no longer reside in/ frequently visit the malaria area, they should be treated as malaria area visitor i.e. deferred for 4 weeks from the time they left area and donations labelled accordingly.
Donors who live or frequently visit and are bled in high risk malaria areas	No	No	Blue	Blue	3 months from date of donation This blood is only to be issued in this high malaria risk area. a) If on a short visit to a non-malaria area, encourage donor to donate when back home. b) If they no longer reside in/ frequently visit the malaria area, they should be treated as malaria area visitor i.e. deferred for 4 weeks from the time they left area and donations labelled accordingly.
Donor had malaria	Yes	3 years	None	None	N/A

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Malaria (Ma002)	Defer for 3 years following treatment and complete recovery.
Mastitis (Ma015)	Accept once inflammation has cleared, off antibiotics for 1 week and not breast feeding.
Mastoiditis	Defer for 1 week, must be asymptomatic and off treatment (Ma016). Defer for 3 months following surgery (Ma017).
Meniere's disease	Defer for 4 weeks and must be asymptomatic (Me005).
Meningitis (Me006/Me007/Me008)	No sequelae - defer for 3 months (Me007). If there were complications - defer for 6 months after recovery (Me008). Meningitis contact - defer 3 weeks after contact. (Me006) Meningococcal meningitis (Me009) - defer for 3 months after complete recovery.
Menopause	Accept.
Menstruation	Accept. Dysmenorrhoea (Dy002) - Defer for 4 days if on 1st or 2nd day of menstruation the donor has severe discomfort or pain. Menorrhagia - defer for 4 days from last day of menstruation and check Hb using Haemocue.
Migraine (Mi001)	Accept if asymptomatic. Defer for 72 hours following severe migraine attack. See Anti-Migraine medication.
Mouth infection/ulcers (Mo003)	Acceptable after healing.
MRI (Magnetic Resonance Imaging) (Mr001)	A minimum of a 2 week deferral. Defer until diagnosis has been established and defer according to specific condition.
Multiple sclerosis (Mu001)	Defer indefinitely.
Muscular dystrophy (Mu004)	Acceptable if able to climb independently on and off the donation bed/chair.
Muscular Rheumatism	Acceptable. If chronic, check medication.
Myasthenia Gravis (My002)	Defer indefinitely.
Myelogram (My002)	Establish diagnosis. Defer for 2 weeks if no significant disease detected.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Narcolepsy	Accept. Check medication.
Nausea (Na002)	Do not accept the donor if he/she complains of feeling nauseous. Defer until donor is completely well. If female, inquire about pregnancy.
Nerve compression	Acceptable.
Nervous breakdown (Ne005)	Acceptable when recovered. Donor must comply with all other eligibility criteria.
Neuralgia	Acceptable. If on treatment refer to medication criteria.
Neuritis	Acceptable.
Night sweats (Ni001)	Establish diagnosis. Defer/accept accordingly.
NvCJD (Nv001/Nv002/Nv003)	Defer indefinitely all first degree relatives (Nv001) and household contacts (Nv002). Notify BTS MO if a donor is deferred for nvCJD or CJD. Plasma will be discarded. Fractionated products will not be made from the plasma of donors who from 1980 to 1996, spent time that adds up to 12 months in the United Kingdom (England, Wales, Scotland, Ireland, the Channel Islands or Isle of Man) (Nv003). These donors' whole blood unit will be used for red cells.

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Occupation and Leisure activities (Oc001)	Waiting Periods after donation: a) Driving a public transport or heavy-duty vehicle, emergency services, working on scaffolding/heights or working with machinery, are not to be bled while on duty - defer for 1 day. b) Piloting an aircraft/crew members, sky diving, deep sea diving (scuba diving) or mountaineering - defer for 72 hours before the activity and 72 hours after. c) Major marathons: 42km or more for running, 100km or more for cycling - defer for 1 month before and after the activity. Check history of anti-inflammatory drugs use. d) Passengers on international flights - defer for 1 day before and after the flight. e) Radiographers - acceptable.
Occupational exposure to Lead	Donors who have a lead concentration of < 30ug/dl will be allowed to donate. Blood from donors who have occupational exposure to lead will not be used for paediatric units.
Oedema (Oe001)	Establish cause of oedema. Defer/accept when symptom-free, according to diagnosis.
Oesophagitis (Oe002)	Defer until completely recovered.
Orchitis (Or001)	Determine the cause of the Orchitis e.g. mumps. Acceptable provided the symptoms have resolved completely and there are no complications. If associated with a sexually transmitted disease such as Gonorrhoea defer for 12 months.
Osgood-Schlatter disease	Acceptable. <b>Do not use for platelet component if donor is taking anti-inflammatory medication.</b>
Osteoarthritis	Acute (Ar005) - defer for 4 weeks and must be symptom free. Chronic - take a detailed drug history and defer according to drug used.
Osteochondritis	Acceptable if there is no infection. Take drug history.
Osteogenesis imperfecta (Os001)	Defer indefinitely.
Osteomyelitis (Os002)	Defer for 6 months until fully recovered and must be off antibiotics for 1 week.
Osteoporosis	Acceptable. Check medication. If on treatment refer to medication criteria.
Otitis	Externa (Ot001) If diffuse - acceptable once on treatment for 1 week (usually topical) and no discharge from ear. If localised - treat as for furuncle/boil. On the rare occasion of systemic antibiotic use, defer for 1 week after antibiotics completed. Otitis Interna (Ot002) - defer for 1 week after antibiotic treatment has been completed. Otitis Media (Ot003) - defer for 1 week after antibiotic treatment has been completed.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Pancreatitis (Pa003)	Establish cause. Acceptable 6 months after recovery, provided there are no complications.
Paraplegia	Establish cause of paralysis. Acceptable if no infection.
Paratyphoid fever (Pa004)	Defer for 6 months after recovery.
Parkinson's disease (Pa005)	Mild Parkinson's disease - May donate. Take a detailed history of medication. Severe Parkinson's Disease - defer indefinitely. For the purposes of the BTS severity will be graded on the amount of tremor i.e. can the donor sit sufficiently still in the chair to donate.
Parrot disease (Pa006)	Defer for 6 months after treatment and recovery.
Peritonitis (Pe004)	Check underlying cause. Defer for six months after full recovery.
Permanent make-up (Pe005)	Defer for 6 months.
Perthes' disease	Acceptable providing there are no complications.
Pharyngitis (Ph001)	Defer until infection has healed. Check for use of antibiotics.
Phlebitis (Ph002)	Defer for 1 month and must be fully recovered.
Pilonidal sinus (Pi001)	Defer until healed and no signs of infection. Check for antibiotic use and defer accordingly.
Pleurisy (PI005)	Defer for 6 weeks following full recovery. Establish underlying condition and defer accordingly.
Pneumonia (Pn002)	Defer for 4 weeks and must be full recovered.
Pneumothorax (Pn003)	Establish cause. Defer for 6 months and must be completely resolved.
Poisoning (Po006)	Establish cause and defer for at least 1 month after recovery.
Poliomyelitis (Po002)	Defer for 6 months and must be recovered.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Polycystic Ovarian syndrome	Acceptable. Many of these females will be diabetic. If diabetic screen as per diabetes mellitus criteria.
Polycythaemia (Secondary) (Po003)	Patients suffering from polycythaemia are often treated by repeated venesection as will be per treating doctor's requisition. Accept as regular, active donors if diagnosis is SECONDARY polycythaemia (NOT PRIMARY) and the donor satisfies all other eligibility criteria. Blood will only be used for transfusion purposes if donor is venesected at intervals of 56 days or greater. Donor may be bled as a therapeutic patient where indicated and after discussion with BTS MO. In the case of a therapeutic patient the blood would be discarded.
Polycythaemia Vera (Po003)	In general patient with polycythemia vera must be venesected by their own doctor. In exceptional circumstances the BTS might perform the venesection in consultation with the referring doctor and the BTS medical officer. This blood will be discarded. Blood from a patient with this disease cannot be transfused and must be clearly identified so that it is not confused with blood from healthy donors. The blood unit is incinerated.
Porphyria (Po004)	Acceptable if asymptomatic. Defer for 3 weeks if symptomatic.
Pott's disease (Po005)	Acceptable 2 years after treatment and full recovery.
Pregnancy (Pr001/Pr002)	Defer for 3 months following a normal delivery with no complications (Pr002). For 6 months following a Caesarean section (Pr001). Defer for 3 months following a miscarriage/abortion. Defer until breast feeding has been stopped. If was transfused, defer accordingly.
Prisoner	A donor is acceptable provided he/she passes all the donor eligibility criteria. The high risk activity that occurs in prison is covered in the questionnaire and the donor will be deferred accordingly. No clinic will be organised by SANBS for inmates of a prison.

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Procedures	<p>Take a detailed medical (including malignancy), medication, and blood transfusion history to ascertain diagnosis and reason for procedure and defer accordingly. If a biopsy was done or tissue sent for histology, then a report should be requested.</p> <p>a) Laparotomy (La004/La005)  <b>MAJOR SURGERY</b> (La0040 - defer for 6 months, e.g.</p> <ul style="list-style-type: none"> <li>• spinal fusion (Sp002)</li> <li>• splenectomy (Sp003 removal due to blood disorder), (Sp004 removal due to trauma)</li> <li>• Cholecystectomy (Ch009)</li> <li>• Colostomy (Co005)</li> <li>• Nephrectomy (Ne0020 - Obtain a letter of consent from nephrologist/treating doctor.                      If a diseased kidney was removed establish the diagnosis and defer accordingly.</li> <li>• Prostatectomy (TURP) (Pr0030 - Defer for 6 months after surgery and confirm that there is no malignancy.                      If malignant, refer to Cancers and defer accordingly.</li> <li>• Ectopic pregnancy-ruptured (Ec002) defer for 6 months. If unruptured (Ec003) - defer for 3 months.</li> <li>• Gastrectomy - partial (Ga003). Obtain letter of consent from patient's own doctor.                      - total gastrectomy - defer indefinitely.</li> <li>• Hysterectomy (Hy014). Establish reason for surgery (e.g. cancer, fibroids, etc.). If due to cancer, defer as per cancer.</li> <li>• Hernia repair (hiatus, abdominal and umbilical) (He026 - laparotomy), (He027- laparoscopy).</li> </ul> <p><b>MINOR SURGERY</b> (La005) - defer for 3 months e.g.</p> <ul style="list-style-type: none"> <li>• appendisectomy (Ap001).</li> <li>• inguinal hernia repair.</li> <li>• removal of ganglion.</li> <li>• Sterilisation/tubal ligation (St008). Laparoscope 6 months (St007).</li> </ul> <p>b) Laparoscopy(La003)                      Defer for 6 months after the procedure e.g.</p> <ul style="list-style-type: none"> <li>• Cholecystectomy (Ch010).</li> <li>• Oophorectomy (Oo001) - defer for 6 months if laparoscopically removed. Defer for 3 months following surgery.                      Establish reason for operation and request histology report if required.</li> </ul>

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
<p>Procedures (continued)</p>	<p>c) Other scopes (Endoscopes En005/En006/En0070 - defer for 6 months            Arthroscopy (Ar006)            Cystoscopy (Cy005)            Colonoscopy (Co004)            Gastroscopy (Ga008)            Laryngoscopy (La007)            Sigmoidoscopy (Si002)</p> <p>d) Other procedures</p> <ul style="list-style-type: none"> <li>• ABDOMINOPLASTY/TUMMY TUCK (Co020) - defer for 6 months.</li> <li>• AMPUTATION (Am002) - Arm or leg - defer for 6 months. Fingers/toes - defer until healed. Defer indefinitely if an amputation was due to a malignancy of the limb or where amputation was due to peripheral vascular disease e.g. diabetes complications.</li> <li>• BRAIN SURGERY (Br007/Br008) - All surgical intervention within the skull including Burr holes for management of intracranial bleed - accept 3 years post-operatively if no sequelae (cognitive or neurological impairment). (CJD precaution) (Br008).            If dura mater transplant - defer indefinitely, (CJD precaution).            Surgery for space occupying lesions/beri-aneurysm - defer according to diagnosis, with minimum of 3 years.            See convulsions/epilepsy. (Br007)</li> <li>• CALDWELL - maxillary sinus operation (Ca003) - defer for 3 months and no sign of infection.</li> <li>• CARDIAC SURGERY (Ca024) e.g.            Cardiac catheterisation (Ca022)/ANGIOGRAM (An008) - Accept 2 weeks after investigation, if negative.            If positive defer according to diagnosis and outcome.            Bypass surgery (By001) - defer for 6 months. A Cardiologist's letter required and renewable every 2 years. These donors will be retired at 65 years.            Pacemaker (Pa001) - defer indefinitely.            Valve Replacement (Va002) - defer indefinitely (even on prophylactic antibiotics).            Valvotomy - defer for 6 months. A Cardiologist's letter required and renewable every 2 years.</li> </ul>

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Procedures (continued)	<p>d) Other procedures (continued)</p> <ul style="list-style-type: none"> <li>• CARPAL TUNNEL RELEASE (Ca029) - defer for 3 months following surgery.</li> <li>• CERVICAL POLYPECTOMY (CE0080 - defer until healed.</li> <li>• CIRCUMCISION - defer for 3 months if hospital surgery. Defer for 6 months if tribal circumcision.</li> <li>• DENTAL PROCEDURES (De007/008/009/010) -                      Routine fillings, routine teeth cleaning (De 008) - defer for 24 hours.                      Root canal treatment, crown work (De007) - defer for 3 days.                      Tooth Implant preparatory phase/surgery to the gum (De009) - defer for 3 months. For implantation phase (De021) defer for 3 days.                      Wisdom teeth extraction under general/local anaesthetic - defer for 1 month. (De010)</li> <li>• DENTAL ABSCESS (Ab002) - defer until healed. Infection must be completely cleared. Donors must be off all antibiotics for a period of one week (7 days).</li> <li>• DECOMPRESSION CHAMBER (De001) - Defer for 72 hours prior to treatment in the chamber and for 72 hours post treatment.</li> <li>• DILATATION and CURETTAGE (DandC) (Di001) - diagnostic or following a miscarriage defer for 3 months after operation if no further complications.</li> <li>• DISCECTOMY (De020) - defer for 6 months as this is major surgery.</li> <li>• EMBOLECTOMY- defer indefinitely.</li> <li>• FACE LIFT (Co023) - defer for 3 months.</li> <li>• FEMORAL BY-PASS (FE002) - defer indefinitely.</li> <li>• HAEMORRHOIDECTOMY (Ha009) - defer for 3 months.</li> <li>• KERATOTOMY - laser (La009) for correction of vision - defer for 1 month.</li> <li>• LAMINECTOMY (La002) - defer for 6 months.</li> <li>• LASER HAIR REMOVAL (La008) - defer for 1 day.</li> <li>• LIPOSUCTION (Co024) - defer for 3 months.</li> <li>• LOBECTOMY (Lo002) - defer for 6 months. If malignant (Lo001) defer for 5 years.</li> <li>• LUMBAR PUNCTURE - defer or accept according to underlying condition.</li> <li>• LUMPECTOMY (of the breast) - accept if no malignancy. A letter from the treating doctor is required if biopsy was done within the last 5 years.</li> </ul>

# MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Procedures (continued)	<p>d) Other procedures (continued)</p> <ul style="list-style-type: none"> <li>• MAMMOPLASTY (BREAST ENLARGEMENT (Br010) - defer for 3 months. BREAST REDUCTION (Br012) - defer for 6 months due to increased blood loss.</li> <li>• MASTECTOMY (Ma014) - defer for 5 years if well and remains in remission.</li> <li>• PNEUMONECTOMY (Pn001) - defer indefinitely.</li> <li>• RHIZOTOMY (Rh004) - defer for 3 months.</li> <li>• SALPINGECTOMY (Sa001) - defer for 3 months for abdominal incision. Defer for 6 months if done laparoscopically.</li> <li>• STAPEDECTOMY (St002) - defer for 3 months.</li> <li>• STENTS (St011) - Cardiac stents - defer for 6 months. Renal/kidney stents - defer as per minor/major procedure/scope. Femoral stents - defer indefinitely.</li> <li>• THYROIDECTOMY (Th007) - defer for 6 months. If malignant defer for 5 years as per carcinoma in situ.</li> <li>• TONSILLECTOMY (To002) - defer for 3 months.</li> <li>• TRENDELENBURG'S operation - defer for 3 months.</li> <li>• VAGOTOMY (Va004) - defer for 6 months.</li> <li>• VASECTOMY (Va005) - acceptable once incision has healed and there are no signs of infection.</li> </ul>
Prostatitis (Pr008)	Defer for 1 week after treatment is completed and fully recovered.
Psychiatric Disorders	<p>BIPOLAR DISORDER (Bi002)/MANIC DEPRESSIVE/SCHIZOPHRENIA (Sc005) - Defer for an initial 6 months after diagnosis, after which they will be acceptable if they have a letter from the psychiatrist confirming they are stable and competent to complete the donor questionnaire and satisfy all donor eligibility criteria. For treatment, refer to medication criteria.</p> <p>MENTALLY RETARDED DONOR - Accept people who have the ability to complete the questionnaire on their own without assistance from a parent or care giver.</p> <p>PSYCHOPATH (PS003) - defer indefinitely.</p> <p>PSYCHOSIS (Ps004) - defer whilst in acute psychotic phase. Such people are likely to be on long term anti-psychotic medication.</p>

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Q fever (Q001)	Defer indefinitely.
Quadriplegia (Qu002)	Not acceptable, as it would be difficult to treat adverse donor reactions.
Quinsy	Defer for 1 week after completion of antibiotics and fully recovered.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Rabies (Ra001)	<p>a) Defer for 6 months. In most cases following a bite from a rabid animal the patient will be injected with vaccine and immunoglobulin.</p> <p>b) Donors who are treated with anti-tetanus and rabies vaccines may become HYPERIMMUNE PLASMA DONOR once the deferral period has expired. The deferral period for these products is 6 months.</p> <p>c) Donors who have been vaccinated against rabies (e.g. vets, dog unit officers) should be given the option of joining the RABIES PLASMAPHERESIS programme.</p>
Radiation Therapy (Ra002/Ra003/Ra004)	<p>a) If donor has had brachytherapy for CA Prostate - defer 6 months from the time of radiation implants (see Prostatic cancer). (Ra003)</p> <p>b) Defer for 5 years if radiation was used to treat other malignant conditions. Donors may be acceptable after 5 years, this may only occur after consultation with the BTS doctor and a letter from the treating doctor. (See specific cancer.) (Ra004) Under certain circumstances a donor may receive a small dose of radiation for a non-malignant lesion. This donor may be able to donate after consultation with BTS MM.</p>
Raynaud's/Raynaud's disease Phenomenon (Ra008)	Donor deferred permanently due to underlying disease.
Red Cell Immunisation Programme Donor (Re001)	If this donor does not complete the anti-D programme and reverts back to whole blood donation, accept 6 months after the last red cell immunisation and after consultation with the BTS Medical Manager.
Relapsing fever (Re002)	Defer for 2 years after treatment and full recovery.
Respiratory infection. (Re005)	The donor must be free from acute respiratory disease. If on antibiotics defer 1 week after completion. Defer indefinitely patients suffering from severe emphysema, and bronchiectasis. Defer according to specific condition.
Restless leg syndrome (Re007)	Acceptable. Establish if donor is on treatment and if the drug is safe before accepting.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Rheumatic fever (Rh001)	If donor has a history of rheumatic fever accept only if donor has no sequelae, (i.e. donor must have normal effort tolerance, be symptom-free with no significant heart valve involvement/Sydenham's Chorea/St Vitus dance) and has a letter from his/her doctor confirming that there are no sequelae. If on prophylactic antibiotics this is an indication of valve involvement - defer indefinitely.
Rheumatism (Rh002)	Acceptable if quiescent/symptom free. Check medication. Daily, maintenance dose of standard anti-inflammatory medication acceptable. (Do not use for platelet components.) Defer 3 weeks following an acute flare-up.
Rheumatoid arthritis (Rh003)	Please ascertain whether the donor has a confirmed diagnosis by a positive rheumatoid factor blood test as some donors refer to osteoarthritis as rheumatoid arthritis. Accept if only joints are affected and the donor has not been on any immuno-suppressive medication in the past 12 months e.g. methotrexate, gold. Acceptable if taking analgesics or anti-inflammatory drugs for control of joint pain. Defer indefinitely if donor has more than one organ involved. For treatment, refer to medication criteria.
Rickettsia (Ri001)	Defer for 3 months after treatment and full recovery from tick bite fever.
Rocky Mountain Spotted fever (Ro001)	Defer for 3 months following treatment and full recovery.
Rodent ulcer (Ro002)	Acceptable 3 months after excision. Wound must have healed completely. If the donor provides the diagnosis this is acceptable without a letter or report.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Salpingitis (Sa002)	Defer until donor has recovered and off antibiotic therapy for 1 week. Confirm that there are no risk factors for sexually transmitted diseases.
Sarcoidosis (Sa003/Sa004)	a) Donors who have had acute disease and are left with no sequelae and not on treatment may be accepted after 5 years with a letter from treating physician. (Sa004) b) Donors who have active disease or intermittent recurrence - defer indefinitely. (Sa003) c) Donors who are on treatment may not donate. Refer to medication criteria and defer accordingly.
Scarlet fever	Infection (Sc003) - defer for 3 weeks from date of complete recovery. Contact (Sc002) - defer for 3 weeks after household contact.
Sciatica	Acceptable if no complications.
Scleroderma (Sc006)	Defer indefinitely.
Scurvy (Sc007)	Defer until treated and symptom free.
Septicaemia/Sepsis (Se003)	Defer for 3 months following complete recovery.
Sexually Transmitted disease (STD) (St003/St004)	If infection occurred more than 12 months previously, and stringent, thorough interview reveals no current risk behaviour, or other reason for deferral, the donor may be accepted. If infection was within previous 12 months - defer. This includes sex partner (St004). CHANCRE (Ch001) - defer for 12 months. CHANCROID (Ch002) - defer for 12 months. CHLAMYDIA (Ch008) - defer for 12 months. GENITAL HERPES/HERPES SIMPLEX II (Ge001) - Initial infection defer for 12 months. Recurrent genital herpes - acceptable, provided that donor satisfies all eligibility criteria. Confirm with the donor that he/she does not fall in a risk category for sexually transmitted disease. GENITAL WARTS/HUMAN PAPILLOMA VIRUS (HPV) (Ge002) Initial infection defer for 12 months. Recurrent genital warts - acceptable, provided that the donor satisfies all eligibility criteria. Confirm with the donor that he/she does not fall in a risk category for sexually transmitted disease. GONORRHOEA (Go001) - defer for 12 months. SYPHILIS (Sy001) - Inform donor that if antibodies are detected he/she will be deferred for 12 months then re-tested. If still positive, defer permanently. If negative, donor will be acceptable. TRICHOMONIASIS/VAGINITIS - defer for 12 months.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Shortness of breath (Sh001)	Ascertain cause and defer according to specific condition.
Simmonds's disease (Si003)	Defer indefinitely.
Sinusitis (acute) (Si005)	Defer for 1 week after completion of antibiotics and fully recovered.
Skin diseases	<p>Accept, defer or exclude according to diagnosis. It is important that the venepuncture site is free of any skin disease and the donor free of skin disease of sufficient extent to pose a risk of blood contamination. Check medication criteria.</p> <ul style="list-style-type: none"> <li>a) Acne (Ac002) - acceptable. Check medication history</li> <li>b) Dermatitis (De012) - Eczema (Ec004), Psoriasis (Ps001), Urticaria (Ur001), etc. Defer for 3 weeks if active and still on systemic treatment. Acceptable when quiescent, using solutions/creams on the skin and not on oral antibiotics or steroids.</li> <li>c) Impetigo (Im008) - Acceptable once skin infection has cleared. Defer for 1 week after completion of antibiotic treatment.</li> <li>d) Intra-dermal naevus - accept.</li> <li>e) Keratosis - acceptable. These lesions are usually treated by applying ointment. If excised it is usually due to the doctor's concern therefore histology of the lesion should be confirmed.</li> <li>f) Pemphigus (Pe001) - acceptable when skin is clear.</li> <li>g) Ringworm - acceptable if being treated and as long as venepuncture site is clear.</li> <li>h) Vitiligo (Vi003) - acceptable. Check medication history.</li> <li>i) Scabies - acceptable when symptom free. Venepuncture site must be clear of any skin lesions.</li> </ul>
Skin graft (Sk002)	<p>Defer until skin graft has completely healed and there is no infection.</p> <p>For extensive skin grafts ascertain if blood products or allogeneic tissue (i.e. not donor's own skin) have been used and defer 6 months.</p>
Sleeping Sickness (SI001)	Defer for 6 months after recovery.
Smallpox	Immunisation against smallpox has now totally eradicated the disease.
Sore throat (So001)	Acceptable once infection has cleared completely and 1 week after completion of antibiotics.
Spastic Colon	Acceptable provided there are no other complications.
Spina bifida (Sp001)	<p>Acceptable if mild and no complications of the condition are present.</p> <p>If complicated defer indefinitely.</p>
Splenomegaly	Ascertain diagnosis and defer accordingly.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Sprain (Sp007)	Defer if limb is swollen and painful until fully recovered.
Stings	Bee Sting (Be001) - defer for 1 week following an allergic reaction to bee sting. Blue Bottle/Jellyfish Sting - acceptable if fully recovered.
Stomatitis (St009)	Defer until symptom-free.
Stress	Acceptable if donor satisfies all eligibility criteria. Do not bleed if donor is excessively nervous.
Sunburn (Su002)	Defer if donor is dehydrated or complains of a headache or dizziness
Sunstroke (Su003)	Defer until donor is feeling well.
Surgical Operation pending (Su012)	Defer for 1 month prior to surgery, if significant blood loss is anticipated. Where medically feasible the patient should discuss the option of autologous donation with his/her own doctor. Establish type of operation and defer accordingly from date of pending surgery.
Swine Flu (H1N1)/emerging flu epidemics (Sw001)	If treated, defer for 2 weeks after recovery. Immunisation: refer to medication criteria. Contact: defer for 7 days after exposure to/contact with infected person.
Systemic Lupus Erythematosis (SLE)	Defer indefinitely (Lu002).

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Tachycardia (Ta003)/ Arrhythmia (Ar001)	<p>A donor with an irregular pulse or pulse rate of greater than 100 beats per minute must be deferred as follows:</p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> Episode of tachycardia - may offer to check the donor's pulse rate on another occasion. Defer for 1 day.</li> <li>• 2<sup>nd</sup> episode of tachycardia - request that donor is evaluated by his doctor and provides a follow-up letter - defer according to the diagnosis.</li> <li>• Sinus arrhythmia (Si004) - acceptable.</li> </ul> <p>No donor is to be bled with a pulse rate of greater than 100 beats per min.</p>
Tapeworms (Ta001)	Defer for 1 week until successfully treated.
Tendonitis (Te001)	Defer for 1 week until acute inflammation has resolved. Do not use for platelets if on anti-inflammatory medication.
Tennis elbow (Te002)	Defer for 1 week until acute inflammation has resolved. Do not use for platelets if on anti-inflammatory medication.
Tetanus/Lockjaw (Te025)	Acceptable 6 months after recovery.
Thalassaemia (Th001)	Donors to provide a doctor's letter. Thalassaemia major - defer indefinitely. (Th001) Thalassaemia minor - acceptable if donor passes the Hb screening. Establish transfusion record.
Thoracic Outlet syndrome (Th009)	Defer indefinitely.
Thrombocytopenia (Th003)	Defer indefinitely.
Thrombocytosis/ Thrombocythaemia (Th002)	Determine cause and discuss with the BTS MM. This condition usually requires indefinite deferral.
Thrombophlebitis (Th004)	Defer for 1 month after resolution, provided the donor is not on anticoagulants refer to medication criteria.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Thyroid diseases	<ul style="list-style-type: none"> <li>• FIBROUS THYROIDITIS - accept if no complications and donor is feeling well. Check medication.</li> <li>• HASHIMOTO'S DISEASE (Ha011) - acceptable once the patient is stable and a letter from the treating doctor stating that he/she is fit to donate has been received. The pulse rate rather than the dose of hormone replacement therapy will determine whether a donor is acceptable or not.</li> <li>• HYPERTHYROIDISM (Hy006/Hy007)/GRAVE'S DISEASE (Gr003)/Thyrotoxicosis (Th008) Defer until asymptomatic. Defer for six months after a thyroidectomy, after which acceptable with a surgeon's letter (Hy006). If the surgery was more than 2 years ago and the patient is fit and well, the donor may be accepted without a letter. The pulse rate rather than the dose of hormone replacement therapy will determine whether a donor is acceptable or not. Ask about radioactive iodine treatment - defer for 6 months after radioactive iodine has been given. (See radioactive iodine and thyroid suppressor drugs in medication criteria.)</li> <li>• HYPOTHYROIDISM - acceptable if on maintenance therapy e.g. Eltroxin, Diotroxin. The pulse rate rather than the dose of hormone replacement therapy will determine whether a donor is acceptable or not. See Thyroid Hormone.</li> </ul>
Thyroglossal cyst (Th005)	Acceptable. Defer for 3 months following cystectomy.
Tick-bite fever (Ti002)	Defer for 3 months after treatment and full recovery.
Tinnitus	Acceptable if donor is not dizzy or off balance. Check medication.
Tonsillitis (To003)	Defer for 1 week after antibiotics and fully recovered.
Toxoplasmosis (To004)	Defer for 6 months after full recovery and a pathology report indicates an absence of IgM antibody.
Tracheitis (Tr001)	Defer for 1 week until inflammation has resolved and donor is asymptomatic.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Transplant (Recipient/donor) (Tr002)	Recipient: Defer indefinitely including corneal transplant, bone graft (See bone graft) and tendon transplant (see tendon transplant). Donor: defer for 6 months as per major procedure. Corneal transplant (Co016) - defer donor indefinitely. Dura Mater transplant (Du003) - defer indefinitely. STEM CELL DONOR OR RECIPIENT - Donor (St005) defer for 12 months after stem cell donation. To bring oncologist's letter at first donation post-procedure. Recipient (St006) - permanently deferred. TENDON TRANSPLANT (Te026) - autologous defer according to procedure (minor/major). Allogeneic (donor) - defer for 6 months. <b>For all transplants - defer sex partner for 6 months from date of transplant.</b>
Tropical Spastic Paraparesis (Tr006)	Defer indefinitely.
Trypanosoma cruzi (Tr007)	Defer indefinitely.
Trypanosomiasis (Tr008)	Defer for 6 months after recovery.
Tuberculosis contact (Tu001)	Acceptable 3 months after contact, if the donor is well and has no night sweats, cough or unexplained weight loss and recent investigations (sputum AFBs or PCR) show that the donor is not infected.
Tuberculosis Infection (Tu002)	Exclude active tuberculosis. Defer for 2 years after full recovery. Donor must have completed the full course of therapy and be certified cured. If the donor had TB many years ago and records cannot be located, this donor may be accepted after consultation with BTS MM. A donor with Drug resistant TB or Extreme drug resistant TB is unlikely to present at a blood donor clinic and qualify as a donor.
Typhoid contact (Ty002)	Defer for 4 weeks after close (e.g. household/workplace) contact.
Typhoid fever (Ty001)	Defer for 6 months after recovery.
Typhus (Ty003)	Acceptable 3 months after recovery.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Ulcerative colitis (UI002)	Acceptable if donor well and the donor has not received any treatment to suppress the condition in the last 12 months. Defer indefinitely if disease involves more than one organ or the donor has needed treatment to suppress the condition in the last 12 months.
Ultrasound	Establish diagnosis. Acceptable if no further medical treatment is necessary.
Underweight (Un001)	Defer if less than 50 kg for whole blood and less than 55 kg for apheresis.
Unexplained Weight Loss (We005)	Defer if the donor has lost 5 kg or more.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Varicose veins (Va003/Va004)	Acceptable if asymptomatic. If on oral treatment, refer to medication criteria. Defer for 6 weeks after last injection (Va003) or 3 months after procedure/surgery (Va004).
Viral Haemorrhagic fever (Vi001/Vi002)	This includes e.g. Congo fever (Co011/Co012), Ebola, Lassa fever (La010/La011).  INFECTION: Defer for 3 months following complete recovery (Vi002). CLOSE CONTACTS are to be deferred for 4 weeks after the last contact with a patient (Vi001). A contact is defined as a person who has been exposed to an infected person or to an infected person's secretions, excretions or tissue within 4 weeks of the patient's onset of illness. This includes persons living with the patients, nursing or serving the patient when he/she was ill, shaking hands with or hugging the patient, handling the patient's laboratory specimens, etc. Close contacts at high risk are persons who have had mucous membrane contact with the patient, such as kissing or sexual intercourse, or have had a needle stick or other penetrating injury involving contact with the patient's body fluids. Casual contacts are persons who have had remote contact with the ill patient. These include persons on the same aeroplanes, in the same hotel, etc. Since the agents of Viral Haemorrhagic fever are not spread by such contact no deferral is necessary. In general, persons who have recovered from viral haemorrhagic fever may undergo plasma apheresis for anti-viral haemorrhagic fever anti-bodies 3 weeks after full recovery. Check if patient received blood products and defer accordingly.
Von Willebrand's disease (Vo003/Vo004)	Defer indefinitely. If on Factor replacement defer donor and sex partner indefinitely.
VP Shunt (VP001)	Defer indefinitely due to the risk of bacterial contamination.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Weber-Christian disease (We001)	Defer indefinitely.
Wegener's granulomatosis (We002)	Defer indefinitely.
Wernicke's encephalopathy (We003)	Defer indefinitely.
Wertheim's operation (We004)	Defer indefinitely. If after 5 years the donor is cancer free they may donate provided the donor's doctor will be required prior to the donor been re-instated.
Whiplash injury (Wh001)	Defer for 1 week and fully recovered.
Whipple's disease (Wh002)	Defer indefinitely.
Whitlow (Wh003)	Defer for 1 week after completing antibiotics and fully recovered.
Whooping cough contact (Wh004)	Defer for 3 weeks.
Whooping cough Infection (Wh005)	Defer for 6 months and must be fully recovered.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
X-Ray media/radio opaque contrast (Xr001)	Establish diagnosis. If no significant disease donor is deferred for 2 weeks after procedure.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Yaws (Ya001)	Defer indefinitely.
Yellow fever (Ye001)	Defer for 3 months and after fully recovered.
Yuppie Flu (debilitating)/ Myalgic encephalomyelitis (M.E) (Yu001)	Defer indefinitely. A donor may be acceptable where the diagnosis was made due to chronic fatigue with little investigation. This may only be done after consultation with the BTS MM.

## MEDICAL CONDITIONS

CONDITION	ACCEPTABILITY
Zika virus area traveller (Zi001)	Defer for 28 days after the donor's return to South Africa. Refer to Zika section.
Zika virus infection (Zi002)	Defer for 28 days after the donor's return to South Africa and infection must have resolved.
Zika sexual partner inf/travel	Deferral period 28 days.

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
<p>ANABOLIC STEROIDS/other Ethyloestrenol Trade name: Orabolin (An001)</p>	<p>Confirm (very diplomatically) that drug is not being abused. If used for body building defer until donor has been off medication for 6 months. Caution when accepting these donors that they comply with donor eligibility as some of them may have had unprescribed anabolic steroids. Sexual partner -defer for 6 months after the last sexual contact.</p> <p>Testosterone, anabolic steroids and vitamins prescribed by the treating doctor are acceptable provided the donor meets all other criteria. A doctor's letter will be required.</p>
<p>ANAESTHETIC General Anaesthetic/Local Anaesthetic/Spinal Anaesthetic/ epidural</p>	<p>Donor is deferred according to the reasons for surgery or other procedure performed, e.g. dental work, reduction of fractures or dislocations, etc.</p>
<p>ANALGESICS Aspirin Trade names include: Anadin, Compral, Codis, Disprin, Grandpa, Med-Lemon (An003)</p>	<p>For whole blood donors, for all components to be used, they should not have taken aspirin (or aspirin-like analgesics) for 7 days.</p> <p>a) Acceptable for whole blood donation but a 'not for platelet use' sticker must be put on the unit if blood is to be processed for random donor platelets.</p> <p>b) For aphaeresis platelets, the donor must not have taken aspirin (or aspirin-like analgesics) within previous 7 days.</p>
<p>ANALGESICS Methadone Trade name: Physeptone (An004)</p>	<p>Establish reason for taking. Acceptable only after discontinuation of methadone for 1 week and all acceptability criteria are met. Ensure that donor is not a high risk donor.</p>
<p>ANALGESICS Naproxen Trade names include: Naprel, Naprosyn, Nurofen (An005)</p>	<p>Establish reason for taking Naproxen. Accept/defer according to underlying medical condition. Not acceptable for platelet donation for 3 days. See Anti-inflammatory drugs.</p>
<p>ANTI-AGING CREAM Tretinoin (Retin-A-cream) (An014)</p>	<p>Tretinoin (Retin-A cream) - Topical - minimum absorption - acceptable.</p>
<p>ANTI-ALCOHOLISM Trade names include: Antabuse</p>	<p>Defer for 2 weeks after completion of oral course. Implant - defer for 2 weeks after removal. Establish the risk behaviour of the donor in the past 6 months prior to the blood donation.</p>

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
<b>ANTI-ANGINAL AGENTS</b> Amyl Nitrate/Nitro-glycerine Trade names include: Nitrolingual	Exclude persons with a medical history of angina from donating blood. Defer permanently. Acceptable 7 days after completion of course of antibiotics (oral or intramuscular). This deferral is to ensure that the infection has cleared and is not related to the drug.
<b>ANTIBIOTICS</b> (An016)	Ascertain reason for taking antibiotics. Accept if donor is cured and asymptomatic. Defer if donor does not comply with all acceptance criteria. If donor has been on long- term antibiotics (e.g. for acne) there must be a deferral period of one week, from the time of starting the antibiotics, provided infection has cleared.
<b>ANTI-CANCER</b> (ANTI-METABOLITES) Cytarabine, Fluorouracil, Hydroxyurea, Methotrexate, Mercaptopurine	These donors are deferred indefinitely due to their disease. A donor with psoriasis which requires methotrexate would be deferred whilst on methotrexate and for 3 months after the drug has been stopped. For Tamoxifen and Zoladex see Hormonal Preparations.
<b>ANTI-CANCER DRUGS</b>	These donors will be deferred indefinitely due to their disease. See Cancer in Donor Medical Criteria.
<b>ANTICOAGULANTS</b> Trade names include: Calciparine (Heparin), Coumadin (Warfarin) (An017)	Donors on anticoagulants will be deferred as a result of their disease/condition. Warfarin - defer persons on anticoagulant medication, as this drug has teratogenic properties. A donor may be accepted 2 months after discontinuing anticoagulant therapy with a letter of consent from the donor's doctor.
<b>ANTICONVULSANTS/                      ANTI-EPILEPTICS</b> Trade names include: Epanutin, Mysoline, Rivotril, Tegretol, Lamictin, Topamax, Epitec, Lyrica, Toplep, Keppra (An018)	Donors on Tegretol, Rivotril, Lamictin, Epitec, Toplep, Lyrica, Keppra or Topamax are acceptable if on monotherapy. See Epilepsy in medical acceptance criteria. <b>Whole blood donors</b> - acceptable. All these drugs are plasma bound and therefore red cells are safe for transfusion to patients. Platelets acceptable and plasma acceptable for NBI only. Topamax is acceptable provided the condition for which it is prescribed does not exclude the donor. A note should be made in comments that the donor must increase fluid intake. There is evidence that Phenytoin (Epanutin), Valproic Acid (Epilem, Convulex), Ethosuximide (Zarontin) and Phenobarbitone may have teratogenic effects. Mysoline (Primidone) is metabolised to phenobarbitone and therefore is classified for the purposes of deferral as Phenobarbitone. <b>Apheresis plasma and platelet donors only:</b> Deferral periods remain unchanged as follows Phenytoin (Epanutin) - 2 months (An020) Valproic Acid (Epilem, Convulex) - 20 days (An022) Phenobarbitone - 6 months. (An019) Mysoline (Primidone) - 6 months. (An018) Ethosuximide (Zarontin) - 2 months. (An021) <b>Double Red cell- acceptable</b> Epileptic patients, a doctor's letter to confirm that the donor is seizure free (well controlled) is required every 2 years.

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
ANTI-DEPRESSANTS: Fluoxetine (Nuzac)	Acceptable. Ensure that donor meets all acceptability criteria. Donors who are on more than two antidepressants will not be accepted. Donors who are on mood-stabilisers, which are basically anticonvulsants, will be accepted according to anticonvulsant criteria. The focus for the deferral should be on the mental status of the donor and not the drug.
ANTI-DIABETIC AGENTS Insulin or Oral Agents	Acceptable providing diabetes is stable. Must have letter of consent from donor's own doctor. See Diabetes in medical acceptance criteria.
ANTI-FIBRINOLYTIC AGENTS: Cyklokapron	Establish diagnosis and reason why donor is on the drug. Defer if currently on drug. Defer for 3 days after stopping the drug.
ANTI-FUNGAL AGENTS Trade names include: Fungizone, Nizoral, Lamisil	Ascertain reason for administration of anti- fungal agent. Acceptable provided that it is confirmed that there is no underlying transmissible disease, the venesection site is free of infection and that donor complies with all acceptability criteria. See Fungal Infection in Donor Medical Criteria.
ANTI-GOUT DRUGS: Puricos, Allopurinol, Colchicine	Acceptable. Donor should not be having an acute gouty attack at time of donation.
ANTI-HYPERTENSIVE AGENTS Trade names include: Adalat, Aldomet, Apresoline, Capoten, Hyperstat, Hypoten, Isoptin, Lopresor (An024)	a) Defer if a new anti-hypertensive medication was started within the last four weeks. b) Acceptable if donor meets all medical acceptability criteria and has a letter of consent from treating doctor. c) Donors who have been on beta blockers for at least 1 month and have a pulse rate of 60 or greater may donate. The BP and pulse must be taken before and after donation.
ANTI-INFLAMMATORY AGENTS (NON-STEROIDAL) Trade names include: Brufen, Indocid, Naproxen, Voltaren, Arthrotec (An025)	Acceptable if donor meets medical acceptability criteria for blood donation. If blood is to be processed for random donor platelets or apheresis platelets, the donor must not have taken anti-inflammatory drugs within previous 3 days.
ANTI-MALARIA DRUGS	<p><b>Malaria Risk Area</b> Prophylactic medications are acceptable but, refer to criteria for Malaria risk area to defer accordingly.</p> <p><b>Malaria disease/condition</b></p> <ul style="list-style-type: none"> <li>Refer to criteria for malaria disease to defer accordingly.</li> <li>If anti-malaria drugs e.g. quinine is used for treatment of another condition then defer according to medical condition. Quinidine - Apheresis, defer for 5 days after stopping the drug. Whole blood, not for platelet use.</li> </ul>

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
ANTI-MIGRAINE AGENTS Trade names include: Cafergot, Ergate, Migril (An027)	Defer for 72 hours following severe migraine attack. Acceptable if on maintenance dose Imigran injection if no symptoms at time of donation. See Migraine in Donor Medical Criteria.
ANTI-OBESITY DRUGS	See APPETITE SUPPRESSANTS.
ANTI-PANCREATITIS DRUGS: Creon, Pancreatin	Acceptable.
ANTI-PARKINSON'S DRUGS: Levodopa, Carbidopa, Pexola, Sinemet	Acceptable. Donor must not be having any complications or side effects from the drug.
ANTI-PSYCHOTIC DRUGS Lithium Carbonate Trade names include: Camcolit, Lentolith (An028)	Acceptable if the donor is stable and well controlled. A psychiatrist's letter is required every 2 years especially since a patient with manic depressive illness may not react well to the donation procedure.
ANTI-RHEUMATOID AGENTS: Gold salts, D-Penicillamine, Hydroxychloroquine (An029)	Gold salts and D-penicillamine are teratogenic therefore donors are deferred whilst on this medication. Waiting period if drug is discontinued: Gold salts - 2 years. D-penicillamine - 4 months. See rheumatoid arthritis in Donor Medical Criteria.
ANTI-SERUM (An030)	Defer for 6 months following administration of anti-serum then accept if donor meets medical acceptance criteria.
ANTI-SMOKING MEDICATION Nicotinell patches, Zyban, Champix	Acceptable for all donors.
ANTI-TETANUS SERUM (Tetanus immunoglobulin) (An031)	Defer for 6 months after tetanus immunoglobulin.
ANTIVENOM (serum) (An032)	Defer for 6 months following administration of antivenom then accept if donor meets medical acceptance criteria.

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
ANTI-VIRAL DRUGS AZT, 3TC.	<p>Topical antiviral cream/ointment for superficial conditions is acceptable once the underlying condition has healed completely.</p> <p>Oral anti-virals (e.g. Acyclovir) - defer according to the underlying cause.</p> <p>The majority of people who have taken Interferon will be deferred indefinitely. The exception may be donors treated for condylomata accumanata - please refer these to MLO who will discuss this with the BTS MM.</p> <p><b>ANTI-RETROVIRALS</b></p> <p>a) Persons who are permanently taking oral medication - defer indefinitely (An034).</p> <p>b) Post-exposure prophylaxis - If a person has been given AZT, or other anti-viral prophylaxis, following a needle-stick (or similar) injury the deferral period shall be a minimum of 6 months, provided all follow- up investigations have been done and have remained negative (An033).</p> <p>a) Pre-exposure prophylaxis (PrEP) - concern is the donor's risk of exposure and not the drug. Reason for taking the drug should be ascertained and discussed with BTS MM as the deferral may be 6 months because of the high risk exposure.</p>
APPETITE SUPPRESSANTS Amphetamine Diethylpropion (Ap003). Trade name: Tenuate	All prescribed and over the counter drugs acceptable if donor meets medical criteria. Check the weight loss criteria.
BETA BLOCKER Trade names include: Inderal, Lopressor, Trasicor, Cardicor, Atenolol, Dialatrend (Be005)	<p>Donors who have been on beta blockers for at least 1 month and have a pulse rate greater or equal to 60 may donate. BP and pulse must be taken before and after donation.</p> <p>For pulse rates between 55 and 60, the donor can be bled if we have a letter from the treating doctor indicating that in their opinion it is safe for the donor to donate. The letter must be discussed with the SANBS MM first for approval and staff should then carefully observe these donors during the donation procedure.</p>
Botox Injections/Carboxytherapy (Bo006)	Acceptable.

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
<p>CALCIUM AND BONE METABOLISM DRUGS</p> <p>Raloxifene (Evista tabs), Alendronic (Fosamax/ Fosavance) (Ca002)</p>	<p>a) Defer donor permanently if on Evista. If Evista is discontinued, donor must be deferred for 31 days.</p> <p>b) Drugs for osteoporosis which are acceptable - Fosamax/Fosavance, Actonel, Sustanon 250, and calcium supplements.</p>
<p>CARDIOVASCULAR AGENTS</p>	<p>Buflomedil (Loftyl) (Ca025) - defer for 1 week after the last dose.</p> <p>Digitalis (Ca026) - defer for 1 week after last dose.</p> <p>Establish reason for taking the drug and discuss with MM.</p> <p>Donors with heart failure or atrial fibrillation are excluded from donating blood.</p>
<p>CHEMOTHERAPY</p>	<p>Defer according to type of cancer and treatment. Long-term therapy such as Tamoxifen is regarded as chemotherapy.</p> <p>A donor who has successfully completed chemotherapy and remains in remission for at least 5 years may donate.</p> <p>A letter from the treating doctor is required.</p>
<p>CHOLESTEROL LOWERING AGENTS Clofibrate</p> <p>Trade names: Atromid-S, Lipaten, Lopid, Lurselle</p>	<p>Acceptable provided donor meets all medical acceptance criteria.</p>
<p>CORTICOSTEROIDS</p>	<p>Ascertain reason for taking corticosteroids. Acceptable if donor meets medical acceptance criteria.</p>
<p>CREATINE</p>	<p>Acceptable.</p>

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
<p><b>DERMATOLOGICALS</b></p> <p><b>Corticosteroids</b> with anti-infective agents Trade names include: Betnovate, Celestoderm, Fucidin, Synalar</p> <p><b>Acne preparations.</b> Trade names include: Dalacin-T, Diane-35, Minomycin, Minerva, Retin-A, Vibramycin, Roaccutane</p> <p><b>Psoriasis treatment</b> Trade names include: Polytar , Psorigel, (Ps001)</p>	<p><b>Topical (creams) -</b> Retin-A (Tretinoin) - acceptable. The skin must be clear at the venepuncture site.</p> <p><b>Oral</b> Low dose Tetracyclines, such as Roxy and Minomycin; Sulpha drugs; erythromycins; or Diane-35 or Minerva are acceptable. If donors discontinue the below medications the waiting period <b>after completion of the course</b> is as follows: Roaccutane (Isotretinoin) (De016) - defer for 1 month. Neotigason/Tigason (Acitretin) (De014) - defer for 3 years. Etretinate (metabolite of Acitretin) (De015) - defer for 10 years. Androcur (Cyproterone) (Te006) - defer for 2 months.</p> <p>Psoriasis: acceptable if treated with ointments/creams. In severe cases treated with Methotrexate, if stopped defer for 3 months after completion of treatment.</p>
<p><b>DESENSITISING INJECTIONS (DE019)</b></p>	<p>If the donor has undergone weekly/monthly desensitisation he/she may donate 48 hours after last injection.</p>
<p><b>DEFERRIOXAMINE</b> Trade name: Desferal</p>	<p>Acceptable provided donor meets medical acceptance criteria. Check for history of blood transfusions within last 6 months.</p>
<p><b>DIURETICS</b> Trade names include: Burinex K Diamox, Dichlotride, Lasix</p>	<p>Ascertain reason for taking medication.</p> <p>a) Defer if a new antihypertensive medication was started within the last 4 weeks. Acceptable if donor meets all medical acceptability criteria.</p> <p>b) Donors taking diuretics for cardiac failure must be permanently deferred.</p>

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
HAEMORRHOID INJECTION (Ha008)	Defer for 1 month.
HORMONAL IMPLANTS	Acceptable. If done in the past 2 weeks, check skin for sepsis.
HORMONAL PREPARATIONS - Growth Hormone	a) Human Pituitary Growth Hormone (Ho007) - defer indefinitely (see Creutzfeldt-Jakob disease (CJD)) b) Synthetic Growth Hormone - acceptable. c) If the origin of the Growth Hormone is unclear - defer indefinitely. d) For stem cell donor refer to stem cell under medical conditions.
HORMONAL PREPARATIONS - PITUITARY INHIBITORS) Danazol (Ladazol), Gestrinone	Check indication for use of the drug and defer accordingly. If completed a course of Danazol (Ho008), defer for 7 days after last dose, provided all donor criteria are met.
HORMONAL PREPARATIONS Clomiphene (Trade name: Clomid, Fertomid, Serophene	Defer whilst on treatment. See Fertility treatment in the Donor medical Criteria. If donor discontinues the below medication the waiting period after completion of the course is as follows: Clomiphene (Ho003 )(Clomid, Fertomid, Serophene) - 7 months.
HORMONAL PREPARATIONS Gonadotrophin Releasing Hormone Analogue	Not acceptable whilst on the medication. Most donors will be deferred due to their cancer. If used for gynaecological indications refer to BTS doctor. Letter from the Gynaecologist required. E.g. Zoladex (Ho006).
HORMONAL PREPARATIONS Hormonal contraceptives (Birth control tablets)	Hormonal contraceptives - acceptable.
HORMONAL PREPARATIONS Hormone inhibitors Finasteride (Proscar),(Propecia), Dutasteride (Avodart) (Ho005)	Finasteride - defer for four weeks after last dose. Dutasteride - defer for 6 months after last dose. Tamoxifen - defer for 2 years after last dose.
HORMONAL PREPARATIONS Hormone replacement therapy Trade names: Orthoest, Estraderm	Acceptable provided donor meets all medical acceptance criteria.

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
IMMUNISATIONS, VACCINATIONS	<p>a) Acceptable if well: Typhoid, capsular polysaccharide typhoid fever vaccine, Poliomyelitis (injection); Influenza, Diphtheria, Tetanus, Hepatitis A, Tick-borne encephalitis, meningococcal (e.g. Menactra) and Rabies. For Rabies and hepatitis vaccines - check for exposure and use of immunoglobulin and defer accordingly. Vaccination for protection against Cancer of the Cervix (HPV)</p> <p>b) Defer for 7 days - Hepatitis B vaccine, this is to prevent an increase in deferrals due to reactive results.</p> <p>c) Defer 4 weeks: BCG, Yellow fever, Rubella, Measles, Poliomyelitis (oral), Mumps, Live attenuated cholera vaccine, varicella vaccine.</p>
IMMUNOGLOBULIN/ GAMMAGLOBULIN (Im002)	Prospective donors and their sex partner shall be deferred for 6 months after receiving any immunoglobulin. Examples of immunoglobulin: Rabigam, hebagam, rhesugam, intragam, berriglobulin, polygam (IVI product).
IMMUNOSUPPRESSIVE DRUGS (Im007)	Persons who have taken immunosuppressive medications are deferred indefinitely from donating blood Establish reason for taking the drug and discuss with MM.
IODINE, radio-active (Io001)	Defer for 6 months, then individually re-assess. Letter from the treating doctor is required.
MOOD STABILISERS Lamictin, Rivotril, Lithium, Epilim, Ritalin (Mo001)	Refer to anti-convulsants above.
MUSCULO-SKELETAL AGENTS - Gold Trade names include: Myocrisin, Ridaura, (Mu005)	Donors on Gold salts therapy must be deferred as these agents are teratogenic. Only acceptable if drug has been discontinued for 2 years. Donors who are proven to have rheumatoid arthritis are deferred permanently due to the nature of their disease.

# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION																																																															
PLATELET AGGREGATION INHIBITORS, excluding Heparin, Plavix, Triclid, Persantin, Aspirin, Ecotrin, Clopidogrel (PI001)	<p>Except for Aspirin that may also be used as an analgesic all donors on anti-platelet drugs will be deferred as a result of their disease/condition.</p> <p>a) Plavix and Triclid - defer indefinitely as the indication for these drugs is for people with atherosclerosis and risk of repeat events. Plato, Persantin used in cases of prosthetic valve, and prevention of TIAs and stroke.</p> <p>b) Ecotrin, Clopidogrel, Dispirin, Aspirin - if donor takes half tablet daily check for atherosclerosis and defer accordingly. If taken for pain - may donate for platelets 7 days after taking aspirin.</p> <p>c) Anti-malaria drugs e.g. Quinine, for platelets defer for 5 days after completion of treatment. Establish the reason for taking the drug.</p>																																																															
PLATELET-DRUGS WITH ADVERSE EFFECT	<p>ALL ASPIRIN CONTAINING COMPOUNDS (Salicylate) containing compounds (MAY NOT DONATE PLATELETS FOR 7DAYS).</p> <table border="0"> <tr> <td>Anadin</td> <td>Analgen</td> <td>A-par-cod</td> <td>Aquaprin</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Asacol</td> <td>Aspasol</td> <td>Aspirin</td> <td>Ceperla</td> <td>Codis</td> <td>Contradol</td> <td>Compral</td> </tr> <tr> <td>Cocaps</td> <td>Disprin</td> <td>Dolobid</td> <td>Doloxene</td> <td>Doxil</td> <td>Durasal</td> <td>Dynal</td> </tr> <tr> <td>Equagesic</td> <td>Grandpa</td> <td>Medigesic</td> <td>Med-Lemon</td> <td>Neurosan</td> <td></td> <td></td> </tr> <tr> <td>Nucod</td> <td>Parazolidin</td> <td>Phesic (Aspirin and Caffeine)</td> <td>Ponstan</td> <td>Propoxan</td> <td></td> <td></td> </tr> <tr> <td>Safpyn</td> <td>Saridone</td> <td>Scain</td> <td>Sonalgin</td> <td>Tenston</td> <td>Veganin</td> <td>Zomax</td> </tr> </table> <p>ALL NONSTEROIDAL ANT-INFLAMMATORY AND/OR ANTI-RHEUMATIC AGENTS (MAY NOT DONATE PLATELETS FOR 3 DAYS).</p> <table border="0"> <tr> <td>Adco-Naproxen</td> <td>Arlef</td> <td>Butazolidin</td> <td>Clinorol</td> <td>Clinosyn</td> <td>Flenax</td> <td></td> </tr> <tr> <td>Froben</td> <td>Indocid</td> <td>Ibrufen</td> <td>Indocid</td> <td>Napflam</td> <td>Naprosyn</td> <td></td> </tr> <tr> <td>Nurofen</td> <td>Orudis</td> <td>Proxen</td> <td>Synflex</td> <td>Tanderil</td> <td>Traumox</td> <td>Voltaren</td> </tr> </table>	Anadin	Analgen	A-par-cod	Aquaprin				Asacol	Aspasol	Aspirin	Ceperla	Codis	Contradol	Compral	Cocaps	Disprin	Dolobid	Doloxene	Doxil	Durasal	Dynal	Equagesic	Grandpa	Medigesic	Med-Lemon	Neurosan			Nucod	Parazolidin	Phesic (Aspirin and Caffeine)	Ponstan	Propoxan			Safpyn	Saridone	Scain	Sonalgin	Tenston	Veganin	Zomax	Adco-Naproxen	Arlef	Butazolidin	Clinorol	Clinosyn	Flenax		Froben	Indocid	Ibrufen	Indocid	Napflam	Naprosyn		Nurofen	Orudis	Proxen	Synflex	Tanderil	Traumox	Voltaren
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PROSTAGLANDINS (Pr009) Misoprostol Trade Name: Cytotec	<p>Misoprostol (Cytotec tabs) - defer whilst on the drug due to teratogenic side effects. Defer for 1 day after discontinuing medication. Check reason for treatment.</p>																																																															

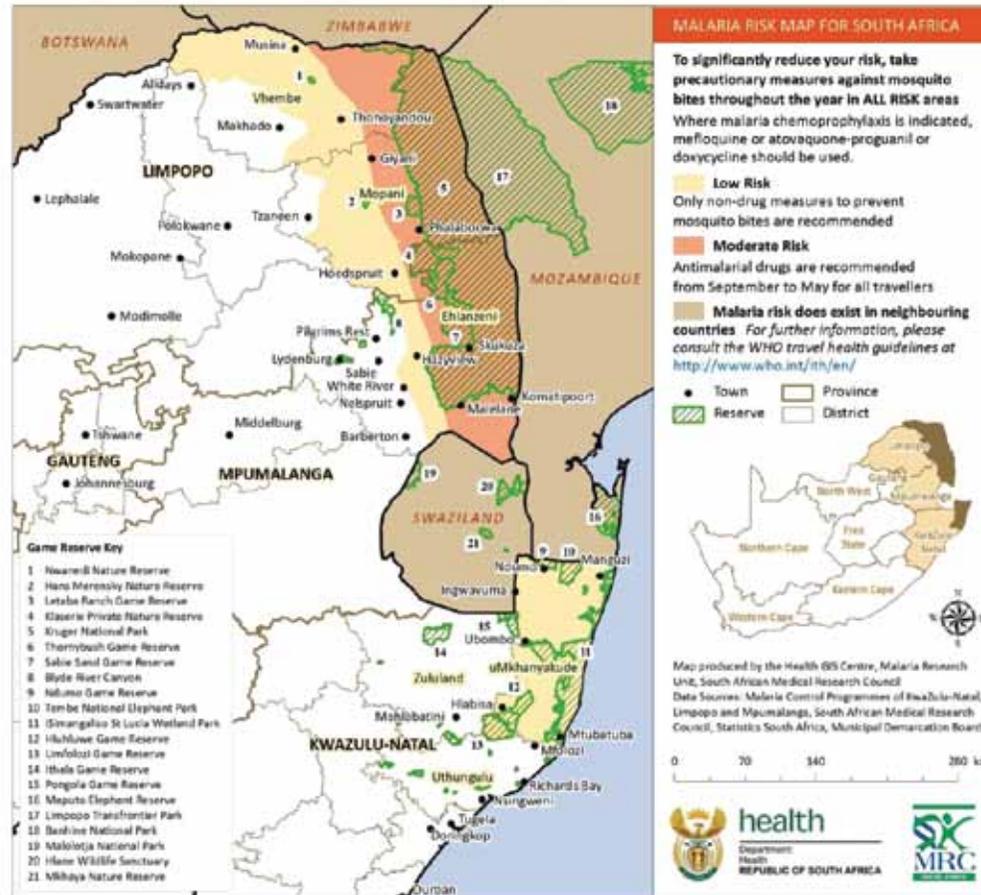
# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
RADIATION THERAPY (Ra002/Ra003/Ra004)	<p>a) Defer for 5 years if radiation was used to treat other malignant conditions. Donors may be acceptable after 5 years, this may only occur after consultation with the BTS doctor and a letter from the treating doctor. (See specific cancer.) (Ra004) Under certain circumstances a donor may receive a small dose of radiation for a non-malignant lesion. This donor may be able to donate after consultation with BTS MO.</p> <p>b) If donor had localised prostate cancer, PSA levels are normal and has had brachytherapy - defer for 6 months from the time of radiation implants (see Prostatic cancer). (Ra003)</p>
RECREATIONAL DRUGS (IV, dagga, heroin, cocaine)	<p>Permanently deferred for use of unprescribed intravenous drugs. Use of other recreational drugs (smoked, sniffed or taken orally) does not necessarily require a permanent deferral. The sister in charge must assess the donor for any potential high risk exposure whilst under the influence of recreational drugs.</p>
RESPIRATORY DRUGS Aminophylline, Theophylline	Accept if donor meets medical acceptance criteria - see asthma.
RESPIRATORY DRUGS Anti-Asthmatics/Ephedrine	Defer until acute symptoms are resolved and donor is well.
RESPIRATORY DRUGS (Antitussive) Trade names include: Benylin, Cepacol	Defer until acute symptoms are resolved and donor is well.

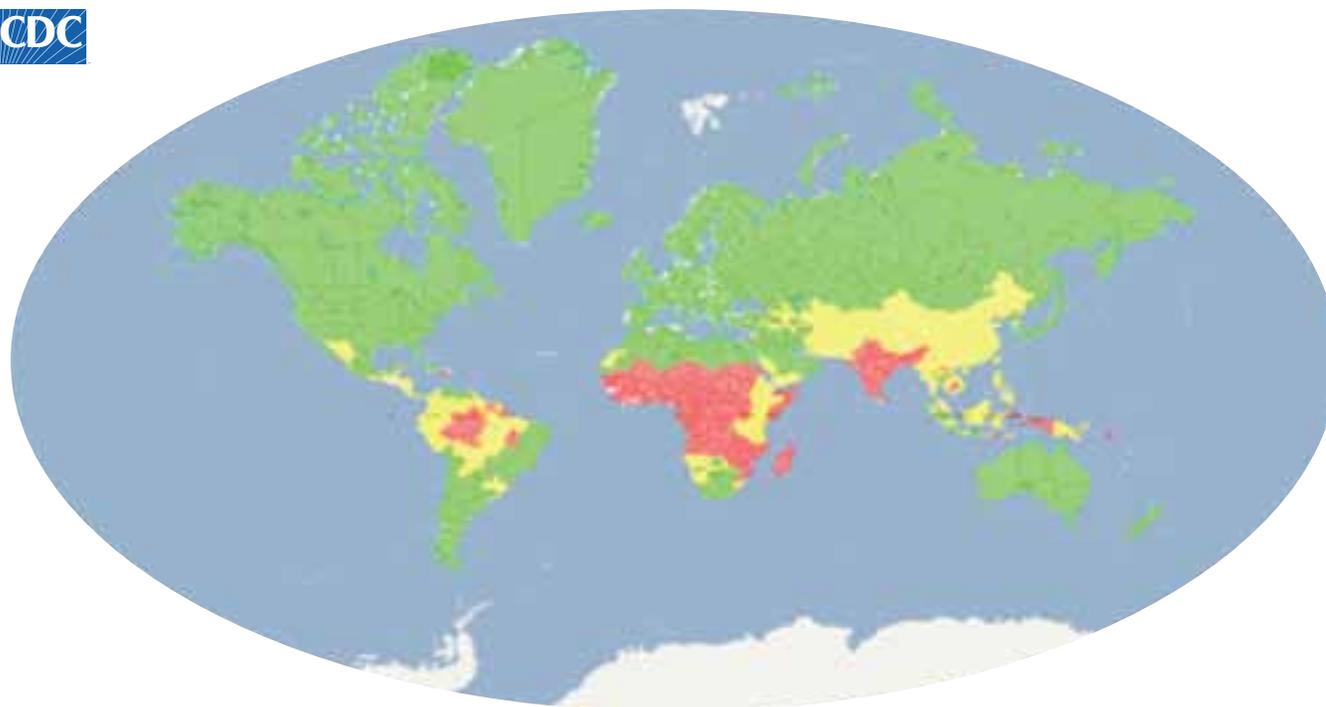
# MEDICATIONS

MEDICATION	PHARMACOLOGICAL ACTION
<p>TERATOGENIC DRUGS (See codes)</p>	<p>If donors discontinue the below medications the waiting period after completion of the course is as follows:                      Phenytoin (Epanutin) - 2 months (Te018) Valproic acid (Epilim) - 20 days (Te023) Phenobarbitone (Sodium Gardenal) - 6 months (Te017)                      Ethosuximide (Zarontin) - 2 months. (Te010) Roaccutane (Isotretinoin) - 1 month (Te014) Neotigason (Acitretin) - 3 years (Te003) Etreinate (metabolite of Acitretin) - 10 years (Te011)                      Warfarin - 2 months (Te024)                      Arthrotec, Cytotec (Misoprostol) - 1 day (Te016)                      D-Penicillamine (Metalocaptase) - 4 months (Te008)                      Gold salts (Ridaura) - 2 years (Te013)                      Raloxifene (Evista) - 31 days (Te019) Danazol (Ladazol) - 7 days (Te007) Proscar, Propecia (Finasteride) - 1 month (Te012)                      Avodart (Dutasteride) - 6 months (Te009)                      Tamoxifen - 2 years (Te021)                      Clomiphene (Clomid, Fertomid, Serophene) - 7 months (Te005)                      Rubella Vaccine - 1 month (Te020)                      Cyproterone( Androcur) - 2 months (Te006)                      Buflomedil (Loftyl) - 1 week (Te004)                      Methotrexate - 3 months (Te015).</p>
TETANUS TOXOID (Vaccine)	Accept if donor is afebrile and asymptomatic and meets medical acceptance criteria. Recruit for hyperimmune plasma program.
<p>THYROID HORMONE Thyroxin Trade names include: Diotroxin</p>	Acceptable provided donor meets medical acceptance criteria.
<p>THYROID SUPPRESSOR Carbimazole Trade name: Neo-Mercazole (Th006)</p>	Provided the donor's condition has been stabilised, defer for 1month after the neo- Mercazole has been stopped. A letter from donor's doctor confirming that the donor is stable is required.
TRANQUILIZER	Acceptable provided prescribed by a doctor and donor meets medical acceptance criteria. Defer if taking for major psychiatric disorder. See Donor Deferral Criteria.
<p>VITAMINS, TONICS and MINERALS Ferrous sulphate</p>	<p>Ferrous sulphate - defer until course complete and donor passes the haemoglobin screening test.                      Tonics - inquire as to the reason for use, and defer accordingly.                      Vitamins - no need for deferral. Caution if donor taking Vitamin A in excessive amounts as teratogenic if used in doses exceeding USA                      RDA 800mcg/day.</p>

# MAP OF THE ENDEMIC MALARIA AREAS WITHIN SOUTH AFRICA



# CDC WORLD MALARIA MAP



 Malaria transmission occurs throughout

 Malaria transmission occurs in some parts

 Malaria transmission is not known to occur

COUNTRY	AREAS WITH MALARIA	AREAS WITHOUT MALARIA
Afghanistan	All	
Albania	None	
Algeria	None	
American Samoa (U.S.)	None	
Andorra	None	
Angola	All	
Anguilla (U.K.)	None	
Antarctica	None	
Antigua and Barbuda	None	
Argentina	(None)	
Armenia	None	
Aruba	None	
Australia; Including Cocos (Keeling) Islands.	None	
Austria	None	
Azerbaijan	All	
Azores (Portugal)	None	
The Bahamas	None	
Bahrain	None	
Bangladesh	All	
Barbados	None	
Belarus	None	
Belgium	None	
Belize	All	
Benin	All	
Bermuda (U.K.)	None	
Bhutan	All	
Bolivia	All	
Bosnia and Herzegovina	None	
Botswana	All except the cities	Gaborone & Francistown
Brazil	All	
British Indian Ocean Territory; Includes Diego Garcia (U.K.)	None	
Brunei	None	
Bulgaria	None	
Burkina Faso	All	
Burma (Myanmar)	All	
Burundi	All	
Cambodia	All	
Cameroon	All	
Canada	None	
Canary Islands (Spain)	None	
Cape Verde	All	
Cayman Islands (U.K.)	None	
Central African Republic	All	
Chad	All	
Chile	None	
China	All	
Christmas Island (Australia)	None	
Cocos (Keeling) Islands (Australia)	None	
Colombia	All	

COUNTRY	AREAS WITH MALARIA	AREAS WITHOUT MALARIA
Comoros	All	
Congo, (Republic of the, Brazzaville)	All	
Congo, (Democratic Republic of the, Kinshasa)	All	
Cook Islands (New Zealand)	None	
Costa Rica	None	
Côte d'Ivoire	All	
Croatia	None	
Cuba	None	
Cyprus	None	
Czech Republic	None	
Democratic Republic of Congo	All	
Denmark	None	
Djibouti	All	
Dominica	None	
Dominican Republic	All	
Easter Island (Chile)	None	
Ecuador; Including the Galápagos Islands	All	
Egypt	None	
El Salvador	All	
Equatorial Guinea	All	
Eritrea	All	
Estonia	None	
Ethiopia	All	
Falkland, South Georgia and South Sandwich Islands (U.K.)	None	
Faroe Islands (Denmark)	None	
Fiji	None	
Finland	None	
France	None	
French Guiana	All	
French Polynesia, includes the island groups of Society Islands (Tahiti, Moorea, and Bora-Bora); Marquesas Islands (Hiva Oa and Ua Huka); and Austral Islands (Tubuai and Rurutu)	None	
Gabon	All	
The Gambia,	All	
Georgia	None	
Germany	None	
Ghana	All	
Gibraltar (U.K.)	None	
Greece	None	
Greenland (Denmark)	None	
Grenada	None	
Guadeloupe, including St. Barthelemy and Saint Martin (France)	None	
Guam (U.S.)	None	

COUNTRY	AREAS WITH MALARIA	AREAS WITHOUT MALARIA
Guatemala	All	
Guinea	All	
Guinea-Bissau	All	
Guyana	All	
Haiti	All	
Holy See	None	
Honduras	All	
Hong Kong (China)	None	
Hungary	None	
Iceland	None	
India	All	
Indonesia	All	
Iran	All	
Iraq	None	
Ireland	None	
Israel	None	
Italy	None	
Jamaica	None	
Japan	None	
Jordan	None	
Kazakhstan	None	
Kenya	All	
Kiribati	None	
Korea, North	All	
Korea, South	All	
Kosovo	None	
Kuwait	None	
Kyrgyzstan	None	
Laos	All	
Latvia	None	
Lebanon	None	
Lesotho	None	
Liberia	All	
Libya	None	
Liechtenstein	None	
Lithuania	None	
Luxembourg	None	
Macau (China)	None	
Macedonia	None	
Madagascar	All	
Madeira Islands (Portugal)	None	
Malawi	All	
Malaysia	All	
Maldives	None	
Mali	All	
Malta	None	
Marshall Islands	None	
Martinique (France)	None	
Mauritania	All	
Mauritius	None	

COUNTRY	AREAS WITH MALARIA	AREAS WITHOUT MALARIA
Mayotte (French territorial collectivity)	All	
Mexico	All	
Micronesia, Federated States of; Includes: Yap Islands, Pohnpei, Chuuk, and Kosrae	None	
Moldova	None	
Monaco	None	
Mongolia	None	
Montenegro	None	
Montserrat (U.K.)	None	
Morocco	None	
Mozambique	All	
Namibia	All except cities	Windhoek
Nauru	None	
Nepal	All	
Netherlands	None	
Netherlands Antilles (Bonaire, Curaçao, Saba, St. Eustasius, and St. Martin)	None	
New Caledonia (France)	None	
New Zealand	None	
Nicaragua	All	
Niger	All	
Nigeria	All	
Niue (New Zealand)	None	
Norfolk Island (Australia)	None	
Northern Mariana Islands (US) Includes Saipan, Tinian, and Rota Island	None	
Norway	None	
Oman	All	
Pakistan	All areas (including all cities)	
Palau	None	
Panama	All	
Papua New Guinea	All	
Paraguay	All	
Peru	All	
Philippines	All	
Pitcairn Islands (U.K.)	None	
Poland	None	
Portugal	None	
Puerto Rico (U.S.)	None	
Qatar	None	
(France)	None	
Romania	None	
Russia	None	
Rwanda	All	
Saint Barthelemy (France)	None	
Saint Helena (U.K.)	None	

COUNTRY	AREAS WITH MALARIA	AREAS WITHOUT MALARIA
Saint Kitts (Saint Christopher) and Nevis (U.K.)	None	
Saint Lucia	None	
Saint Martin (France)	None	
Saint Pierre and Miquelon (France)	None	
Saint Vincent and the Grenadines	None	
Samoa (formerly Western Samoa)	None	
San Marino	None	
São Tomé and Príncipe	All	
Saudi Arabia	All	
Senegal	All	
Serbia	None	
Seychelles	None	
Sierra Leone	All	
Singapore	None	
Slovakia	None	
Slovenia	None	
Solomon Islands	All	
Somalia	All	
South Africa	Kruger National Park. (Refer to malaria map)	Nelspruit & Other Cities
Spain	None	
Sri Lanka	None	
Sudan	All	
Suriname	All	
Swaziland	All	
Sweden	(Manzini and Mbabane - treat as grey area)	
Switzerland	None	
Syria	None	
Taiwan	None	
Tajikistan	None	
Tanzania	All	
Thailand	All	
Timor-Leste (East Timor)	All	
Togo	All	
Tokelau (New Zealand)	All	
Tonga	None	
Trinidad and Tobago	None	
Tunisia	None	
Turkey	None	
Turkmenistan	All	
Turks and Caicos Islands (U.K.)	None	
Tuvalu	None	
Uganda	None	
Ukraine	All	
United Arab Emirates	None	
United Kingdom (with Channel Islands and Isle of Man)	None	
United States	None	
Uruguay	None	

COUNTRY	AREAS WITH MALARIA	AREAS WITHOUT MALARIA
Uzbekistan	None	
Vanuatu	All	
Venezuela	All	
Vietnam	All	
Virgin Islands, British	None	
Virgin Islands, U.S.	None	
Wake Island, US	None	
Wallis and Futuna Islands (France)	None	
West Bank (includes Palestinian Territories)	None	
Western Sahara	All	
Yemen	All	
Zambia	All	
Zimbabwe	All	

# ZIKA VIRUS AREAS INFORMATION - MAP OF COUNTRIES AFFECTED BY ZIKA VIRUS DISEASE



Content based on the American Association of Blood Banks Bulletin #16-03

# ZIKA VIRUS AFFECTED AREAS

LIST OF COUNTRIES AFFECTED		
<b>Americas</b>	<b>Oceania/Pacific</b>	<b>Africa</b>
Barbados	American Samoa	Cape Verde
Bolivia	Samoa	
Brazil	Tonga	
Colombia		
Costa Rica		
Curacao		
Dominican Republic		
Ecuador		
El Salvador		
French Guiana		
Guadeloupe		
Guatemala		
Guyana		
Haiti		
Honduras		
Jamaica		
Martinique		
Mexico		
Nicaragua		
Panama		
Paraguay		
Puerto Rico		
Saint Martin		
Suriname		
US Virgin Islands		
Venezuela		

**Donors will be able to donate again 28 days or more after their return to South Africa.**

# MEDICAL CONDITIONS

CONDITION	DEFINITION
A	
Abortion	Expulsion or removal of a foetus from the womb (uterus) during pregnancy, before the first 28 weeks.
Abscess	Localised collection of pus.
Accidental Exposure to Blood	Accidental exposure to blood or body fluids as a result of a needle stick, mucosal splash or laceration of skin.
Acne	Inflammation of the sebaceous glands. During puberty pimples appear on the face, neck and shoulders and these become infected.
Acoustic Neuroma	Acoustic neuromas are derived from Schwann cells, more commonly involving the vestibular division of the 8 <sup>th</sup> Cranial nerve rather than the auditory division. Symptoms are tinnitus, hearing loss and dizziness.
Acromegaly	A condition characterised by an increase of tissue at the extremities of the skeleton e.g. nose, jaw, fingers, toes.
Actinomycosis	A chronic infectious disease characterised by multiple draining sinuses, caused by anaerobic gram positive organisms.
Acupuncture	A treatment of Chinese origin which consists of inserting needles through the skin into nerve centres and gently rotating them to relieve pain.
Addison's disease	A disease due to inadequate secretion of certain hormones by the adrenal glands.
Age (Apheresis Donor)	Apheresis donor who participates in a plasmapheresis programme or platelet Apheresis programme.
Age	<p>With increasing age there is evidence that the majority of people will have a decreased ability to maintain normal compensatory mechanisms.</p> <p>a) There is an increasing likelihood of arteriosclerosis and "hardening of the arteries" This is the basis of concern for increased incidence of donor incidents.</p> <p>b) Most of the results indicate that the marrow continues to function well in the elderly, but that the reserve capacity appears to be limited hence the limitation of number of donations per year.</p> <p>c) Many of the older donors are on medication which could have an impact on the either the donor themselves or the recipient.</p>
Agranulocytosis	An abnormal, usually fatal, disease in which the number of granulocytes (white blood cells) falls sharply because of a defect in the bone marrow.
AIDS	AIDS is a disease caused by the Human Immunodeficiency Virus (HIV) which breaks down the body's immune system.
Albinism	Condition in which the person lacks melanin and so has pink skin, eyes and white hair. Albinism is hereditary.
Alcoholism	Addiction to, and dependence on, alcoholic drinks.
Allergies	Abnormal sensitivity to foreign substances. Allergies may be temporarily transferred from donor to recipient by means of plasma, and a recipient could experience allergic symptoms on exposure to the corresponding allergen. Allergies in the donor to drugs and foods are a potentially serious problem, since it has been shown that relatively small amounts of donor blood can render the recipient temporarily allergic.
Alopecia	Loss of hair. This may involve entire scalp or specific areas.
Alzheimer's disease	A form of dementia, most commonly seen in the elderly. A progressive, age related chronic dysfunction.

# MEDICAL CONDITIONS

CONDITION	DEFINITION
Amoebic Dysentery	Mainly tropical form of dysentery which is caused by infestation with Entamoeba Histolytica which enters the body through contaminated water or unwashed food.
Amputation	Surgical or accidental removal of a limb or part of a limb.
Anaemia	Reduction in the quantity of the oxygen-carrying pigment, Haemoglobin, in the blood. Symptoms of anaemia are tiredness and pale colour, especially pale lips, nails and the inside of the eyelids.
Aneurysm	Balloon-like swelling of an artery wall.
Angina pectoris	Pain in the centre of the chest caused by decreased oxygen supply to the myocardium. Angina is an indication of ischaemic heart disease.
Angiogram	Examination of blood vessels by injecting them with a liquid which is opaque to x-rays.
Angioma	Benign tumour made up of primary blood vessels or lymph vessels.
Angioplasty	Surgical repair of blood vessels damaged by injury or disease.
Animal Bites	Bites from animals, they are rarely life-threatening, but if they become infected, you can develop serious medical problems.
Ankylosing spondylitis	A chronic inflammatory disease of the spine. The vertebrae and sacroiliac joints are inflamed and become stiff.
Appendicectomy	Surgical removal of an appendix.
Appendicitis	Acute - sudden attack of pain in the right lower part of the abdomen accompanied by fever due to inflammation of the vermiform appendix.
Arrhythmia	A variation in the normal rhythm of the heartbeat e.g. missed beats or extra beats, variable rate, variable pulse volume.
Arterial thrombosis	Blood clot formation in an artery.
Arteriogram	X-ray photographs of an artery, taken after an opaque dye has been injected into it.
Arteriosclerosis	Condition in which the walls of arteries become thicker and more rigid, making it difficult for the blood to pass through thus causing high blood pressure, stroke and coronary thrombosis.
Arthritis	Painful inflammation of a joint. In most cases arthritis will be osteoarthritis. Illicit from the donor's history whether this is true rheumatoid arthritis or osteoarthritis.
Arthroscopy	The examination of the inside of a joint by means of a special optical tube, an arthroscope.
Assault	Grievous bodily harm.
Asthma	A condition characterised by recurring attacks of bronchospasm causing difficulty in breathing. An allergy is the major cause but infection and emotion may also be important factors.
Athlete's foot	A fungal infection of the skin between the toes.
Atrial fibrillation	Atrial fibrillation is the most common cardiac arrhythmia (irregular heart beat). It may cause no symptoms, but it is often associated with palpitations, fainting, chest pain, or congestive heart failure.
Atrial Septal Defect	Defect in the septal wall of the atrium of varying size and severity.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Attention Deficit Disorder	An early onset biological disorder characterised by a triad of symptoms; hyperactivity, inattention and impulsivity. These 3 symptoms are persistent at developmentally inappropriate levels
Auto-Immune disease	Usually caused by inflammation and destruction of tissues by the body's own antibodies. These disorders include systemic lupus Erythematosus and several forms of thyroid dysfunction, etc.
Autologous Blood Transfusion	A transfusion where the donor/patient receives his own blood.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
B	
Babesiosis	Malaria-like disease caused by a protozoan micro-organism. Transmitted to man by the bite of an infected tick. May lead to renal failure, blood disorder, liver damage and febrile illness.
Barium meal	A mixture containing barium sulphate swallowed by the patient in order to outline the digestive tract so that an X-ray can be taken.
Barlow's syndrome	A common but highly variable clinical syndrome resulting from the diverse pathogenic mechanisms involving the mitral valve.
Bartholin's cyst	Infection of lubricating glands, one at each side of the entrance to the vagina, as a result of blockage of their ducts.
Bee Sting	A bee injects toxic substances into the body of the victim causing a stinging pain and irritating swelling. Some people are very allergic to bee stings.
Bell's palsy	Paralysis of the facial nerve, causing weakness of one side of face.
Benign Prostatic Hyperplasia (BPH)	An enlargement of the prostate that is not cancerous.
Berger's disease	A group of disorders featuring recurrent episodes of macroscopic haematuria, mild proteinuria, glomerular changes, with or without progressive renal failure.
Bilharzia	Tropical disease caused by flukes in the intestine or bladder. The larvae of the fluke enter the skin and lodge in the walls of the intestine or bladder. Patients suffer from fever and anaemia.
Bipolar disorder	A mental disorder characterised by episodes of mania to depression.
Blackwater fever	Blackwater fever is a complication of malaria in which red blood cells burst in the bloodstream (haemolysis), releasing haemoglobin directly into the blood vessels and into the urine, frequently leading to kidney failure.
Bleeding tendencies	The severely affected haemophiliac will not present as a blood donor, but a person with very mild haemophilia or some other undetected abnormality of haemostasis may not be aware of his/her disease.
Blind Donor	A donor who has either lost his/her sight partially or totally.
Blood contact/splash	Contact with blood and body fluids, such as saliva, semen and vaginal fluid, can contain viruses. These may be passed on from an infected person to other people.
Blood diseases	Any disease or condition which affects the blood, e.g. haemolytic anaemia, haemophilia, etc.
Blood poisoning	The presence of either bacterial toxins or large numbers of bacteria in the blood stream, causing serious illness.
Blood pressure abnormalities	Blood pressure is measured using a sphygmomanometer. The systolic pressure is recorded when the heart is contracting and the diastolic pressure when the heart relaxes. The normal range varies with age, but a young adult's BP should be around 120/80mmHg.
Blood Transfusion recipient	The transfusion of a volume of blood obtained from a healthy person (the donor) into the circulation of a patient (the recipient), whose blood is deficient in quality or quantity, through accident, or disease.
Body Builder	A person who strengthens and enlarges the muscles of their body through strenuous exercise.
Body Piercing	The piercing of holes in parts of the body other than the ear lobes in order to insert rings or other decorative objects.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Boils	A tender raised mass of infected tissue and skin, usually caused by staphylococcal infection of a hair follicle.
Bone graft	Piece of bone taken from the body to repair a defect in another bone.
Bornholm disease	Viral disease affecting the intercostal muscles, with symptoms like influenza (fever, headaches and pains in the chest). Usually caused by Coxsackie virus.
Borrelia	Same as relapsing fever. Found in Africa, Asia, North America and Europe.
Botulism	A serious form of food poisoning from foods containing the toxin produced by the bacterium Clostridium Botulinum. The toxin affects the central nervous system. Botulism occurs in 3 forms: food borne, wound and infant botulism.
Bradycardia	Slowing of the heart rate to 60 beats per minute or less. A slow pulse is often found in healthy individuals, especially athletes, but is also seen in patients with reduced thyroid activity, jaundice, hypothermia or vasovagal attacks.
Brain Injury	Injury to the brain resulting in concussion or if more severe temporary loss of consciousness or coma.
Brain scan	A diagnostic procedure employing radio-isotope techniques to localise and identify intracranial masses, lesions, tumours or infarcts.
Brain Surgery	Surgery which requires opening of cranium (skull).
Breast Cancer (Simple lumpectomy)	Surgical removal of malignant breast lump, leaving remaining breast tissue and lymph glands in situ.
Breast Enlargement	A surgical procedure to increase the size of a woman's breasts for cosmetic reasons.
Breast feeding	Feeding a baby from the mother's breast, as opposed to bottle-feeding.
Breast Reduction	A surgical procedure to reduce the size of a woman's breasts for cosmetic reasons.
Bronchiectasis	A chronic disease of the bronchi, which lose their elasticity, become permanently enlarged and filled with sticky mucus or pus, can lead to pneumonia.
Bronchitis	Inflammation of the bronchi.
Bronchopneumonia	Infection and inflammation of the bronchioles, which may lead to general infection of the lungs.
Brucellosis	A bacterial disease caught from cattle or goats or from drinking infected milk. May clear up and then recur over many weeks. Spread by a species of bacterium Brucella.
Buerger's disease	This is characterised by a narrowing of blood vessels in the limbs, with inflammation and a tendency to form blood clots. There is also a risk of gangrene. The disease affects mainly men, and is made much worse by smoking.
Bulimia	Recurrent episodes of binge eating accompanied by vomiting and persistent over-concern with body shape and weight.
Bullet wounds	The damage caused by the entrance of a bullet into the body.
Burkitt's Tumour	A malignant tumour usually on the maxilla found especially in children in Africa. Associated with Epstein-Barr (EB) virus infection.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Burns (major)	Extensive injury to skin and tissue caused by heat, electricity, chemicals or radiation. Second degree and third degree burns are regarded as major burns. There is immediate danger to the patient's life and later complications are the development of infection and the appearance of disfiguring and handicapping scars.
Burns (minor)	Injury to skin and tissue caused by heat, electricity, chemicals or radiation. Tissues are destroyed and blood vessels in the area become more permeable, plasma oozing out as shown by blisters. First degree burns regarded as minor burn.
Bypass surgery	Heart bypass operation or coronary bypass surgery is a surgical operation to treat, e.g. angina by grafting pieces of vein to go around the diseased part of a coronary artery

# MEDICAL CONDITIONS

CONDITION	DEFINITION
C	
Caesarean section	Surgical operation to deliver a baby by cutting through the abdominal wall into the uterus.
Caldwell - LUC operation	Surgical operation to drain the maxillary sinus by making an incision above the canine tooth.
Cancer of the Cervix	Neoplasm or malignancy of the cervix.
Cancer	A malignant growth or tumour which develops in tissue and destroys it. Can spread by metastasis to other parts of the body, thus setting up secondary tumours at sites distant from the original tumour.
Candidiasis	Fungal infection caused by Candida Albicans. Genital candidiasis is more frequently found in women. Causes infection of the vagina and vulva and may be acquired from the bowel. In men genital infections are usually sexually acquired.
Carcinoma	A malignant growth or tumour which develops in tissue and destroys it. Can spread by metastases to other parts of the body, thus setting up secondary tumours at sites distant from the original tumour.
Cardiac arrest	Sudden cessation of effective ventricular contraction (Heart muscle stops beating effectively). This is usually an indication of severe disease.
Cardiac Arrhythmia	A variation in the normal rhythm of the heartbeat e.g. missed beats or extra beats, variable rate, variable pulse volume.
Cardiac asthma	A sudden attack of breathlessness with severe congestion of the lungs caused by acute heart failure. It has no connection with the ordinary, or bronchial, asthma.
Cardiac catheterization	Passing a thin catheter through a vein in the arm or neck into the heart. This allows direct study of pressure changes, the collection of blood samples and the x-raying of changes within the heart.
Cardiac murmur	An abnormal heart sound caused by the flow of blood into a chamber, through a valve or by a valve opening and closing. May or may not be medically significant.
Cardiac Surgery	Surgery on the heart and/or the proximal great vessels.
Cardiovascular disease	Any disease which affects the circulatory system, characterised by dysfunction of the heart and blood vessels.
Carditis	An inflammatory condition of the muscles of the heart.
Carpal tunnel release	A surgical procedure for treating carpal tunnel syndrome in which the flexor retinaculum of the wrist is cut to release compression of the median nerve.
Carpal tunnel syndrome	Pain, numbness and tingling in the fingers, and weakness of the thumb. This occurs where a nerve which passes to the palm of the hand through the 'carpal tunnel' of bones and fibrous bands at the wrist becomes compressed within the tunnel (usually in women).
Carpopedal spasm	Spasm in the hands and feet caused by lack of ionised calcium. May occur as a result of hyperventilation.
CAT scan	Scan in which a narrow x-ray beam, guided by a computer to take photographs from various directions, can take a photograph of a thin section of a body or organ.
Cataract	A condition where the lens of the eye gradually becomes hard and opaque, impairing vision.
Cellulitis	Usually a bacterial inflammation of connective tissue or of the subcutaneous tissue.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Cerebral aneurysm	An abnormal, localised dilatation of a cerebral artery, most commonly the result of a congenital weakness of the muscle layer at the vessel wall.
Cerebral palsy	Disorder of the brain, mainly due to brain damage occurring before birth, or due to lack of oxygen during birth. (Cerebral palsy is the disorder affecting spastics.) The patient may have poor coordination of muscular movements, impaired speech, hearing, sight and sometimes mental retardation.
Cerebrovascular accident	Sudden bleeding due to rupture or blocking of one of the brain's vessels, causing impaired blood supply, resulting in temporary or permanent paralysis or loss of feeling in some part of the body. This includes little strokes - Transient Ischaemic Attacks (TIAs), cerebrovascular accidents of any sort, cerebral thrombosis and retinal vein thrombosis.
Cervical cautery	Cervical cauterisation is a procedure that is used to destroy abnormal (noncancerous or precancerous) cells on the opening to the womb (cervix). Normally a LLETZ procedure done for CIN I, II and III.
Cervical cancer	A type of cancer that occurs in the cells of the cervix - the lower part of the uterus that connects to the vagina. Various strains of the human papillomavirus (HPV), a sexually transmitted infection, play a role in causing most cervical cancer.
Cervical intra epithelial neoplasia (CIN)	A grading system for cellular changes in the cervix of the uterus leading to the pre-invasive stage of cervical cancer. The stages are: CIN 1 (Mild dysplasia), CIN 2 (Moderate dysplasia) and CIN 3 (Severe dysplasia, carcinoma in situ).
Cervical polypectomy	Surgical removal of growths that usually appear on the cervix where it opens into the vagina. Cervical polyps are usually cherry-red to reddish-purple or greyish-white and not cancerous (benign). They vary in size and often look like bulbs on thin stems.
Chagas's disease	Disease caused by infection with a protozoan parasite. Cardiac, central nervous system and/or gastro-intestinal involvement may occur many years after initial infection.
Chancre	Sores on the lips, penis or eyelids which are the first symptoms of syphilis.
Chancroid	Soft chancre - soft sore on the genitals caused by bacterium <i>H. ducreyi</i> . It is a venereal disease (S.T.D) but different from syphilis. The disease is characterised by multiple painful genital ulcers.
Chest pain	Mild or severe pain in the chest.
Chickenpox	Infectious disease with fever and red spots which turn into itchy blisters. Commonly occurring in epidemics in children. Chickenpox is caused by a herpes virus. In later life, shingles is usually a re-emergence of a dormant chickenpox virus. An adult who has shingles can infect a child with chicken pox.
Chikungunya	Chikungunya is an alpha virus that can cause a wide spectrum of disease. Most commonly it causes arthritis (typically in the knee, ankle and small joints of the extremities), high fever, and a maculopapular rash. It is geographically widespread but has reached epidemic proportions in parts of India and islands in the Indian Ocean since 2005.
Childbirth	Childbirth includes both labour (the process of birth) and delivery (the birth itself); it refers to the entire process as an infant makes its way from the womb down the birth canal to the outside world.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Chlamydia	Chlamydia is caused by parasitic bacteria that only grow within living cells. It is sexually transmitted by an infected male who has non-gonococcal urethritis (NGU). Like gonorrhoea, chlamydia trachomonous can cause conjunctivitis in both adults and neonates. Neonatal conjunctivitis is acquired during passage through an infected cervix at birth.
Cholecystectomy	Surgical removal of the gall bladder.
Cholecystitis	Inflammation of the gall bladder.
Cholera	A serious bacterial disease spread through water contaminated with infected faeces. Bacterium Vibrio Cholera multiplies in the intestines and causes intense watery diarrhoea.
Cholesterol	A fat-like chemical found in the body and present in some foods such as fats, oil and meat. Excess cholesterol can be deposited in the walls of arteries causing atherosclerosis.
Chorea	Irregular, spasmodic, involuntary movements of the limbs or facial muscles, often accompanied by hypotonia. The location of the responsible cerebral lesion is not known.
Christmas disease	Clotting disorder of the blood similar to haemophilia A. The blood does not coagulate properly due to deficiency of Factor 1X.
Circumcision	Surgical removal of the foreskin which covers the end of the penis.
Cirrhosis	A condition in which, as a result of inflammation, the tissue of the liver becomes hard and fibrous.
Clinical Trial	A controlled experiment involving a defined set of human subjects, having a clinical event as an outcome measure, and intended to yield scientifically valid information about the efficacy or safety of a drug, vaccine, diagnostic test, surgical procedure, or other form of medical intervention.
Coeliac disease	Condition in which gluten makes the villi of the intestine become smaller, so that the surface available for absorbing is reduced.
Cold sores	Burning sore usually on the lips.
Colitis	Inflammation of the colon.
Colonoscopy	Procedure for examining interior of colon and rectum using flexible instrument.
Colostomy	Surgical construction of an artificial opening between the colon and abdominal wall to permit evacuation of faeces when the anus cannot be used.
Common cold	Acute inflammation of the mucous membrane lining the nose and throat. Due to a virus infection and may be worsened by secondary infection from bacteria. Symptoms include running nose, cough and loss of taste and smell.
Concussion	Injury of the brain caused by a blow to the head and resulting in immediate unconsciousness. Recovery is generally well within 24 hours and is likely to be complete unless there are additional injuries to the skull or brain.
Congenital Heart disease ASD, VSD, PDA.	Single congenital lesions such as Atrial Septal Defect (ASD), ventral Septal Defect (VSD) Patent Ductus Arteriosus (PDA) may be surgically repaired soon after birth with good results. Complex cardiac congenital abnormalities result in severe symptoms.
Congestive Cardiac Failure	Failure of the heart to maintain the output of blood to meet the demands of the body.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Congo fever	A widespread tick-borne viral haemorrhagic disease that is endemic in Africa, the Balkans, the Middle East and Asia. The virus is a member of the Bunyaviridae family of RNA viruses. It is a zoonotic disease carried by several domestic and wild animals.
Conjunctivitis - allergic	Inflammation of conjunctiva due to an allergy such as pollens.
Conjunctivitis (infective)	Inflammation of the conjunctiva (pink eye) where the eyelids become swollen and sticky and discharge pus. Common in schools and other institutions.
Conn's syndrome	Primary hyperaldosteronism is due to an adenoma, usually unilateral of the glomerulus cells of the adrenal cortex or more rarely due to an adrenal carcinoma or hyperplasia.
Convulsions	An involuntary, rapidly alternating contraction and relaxation of muscles generally accompanied by unconsciousness. In adults convulsions are usually associated with epilepsy.
Corneal transplant	An eye operation in which diseased parts of the cornea are replaced by clear corneal tissue from a donor.
Coronary artery disease	Any disease affecting the coronary arteries, which may lead to strain on the heart or a heart attack
Coronary By-pass	A procedure that restores blood flow to your heart muscle by diverting the flow of blood around a section of a blocked artery in your heart.
Coronary thrombosis	Blood clot in the coronary arteries.
Cosmetic surgery	Surgical operation carried out to improve the appearance of the patient. Cosmetic surgery is carried out on the instructions of the patient to remove wrinkles, enlarge breasts, etc.
Cough	Irritation in the throat.
Coxsackie Virus	A virus that belongs to a family of non-enveloped, linear, positive-sense ssRNA viruses, Picornaviridae and the genus Enterovirus, which also includes poliovirus and echovirus. Coxsackie viruses are among the leading causes of aseptic meningitis.
Creutzfeldt-Jakob disease (CJD)	A rapidly fatal neurological disease caused by an infection with a prion. May be acquired by exogenous (usually iatrogenic) exposure to infectious material - accounts for 1% of cases. CJD may be familial, caused by genetic mutation of the prion protein - accounts for 10% of cases.
Crohn's disease	A chronic inflammatory bowel disease resulting in pain, diarrhoea and loss of weight. No certain cause has been found for Crohn's disease.
Cupping	Tradition of Hindu/Islam's of alternative traditional bloodletting. After piercing the skin with a sharp blade, the blood is sucked up, either by use of a cup or by mouth.
Cushing's disease or Cushing's syndrome	A condition in which the adrenal cortex produces excess corticosteroids.
Cyanosis	Blue colour of the peripheral skin and mucous membranes - symptom of lack of oxygen in the blood.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Cyst	Abnormal growth in the body, shaped like a pouch, containing liquid or semi-liquid substances.
Cystic fibrosis	Inherited disorder of the exocrine glands, causing these glands to produce abnormally thick secretions of mucus.
Cystitis	Inflammation of the bladder, generally as a result of infection, makes a patient pass water often giving a burning sensation.
Cystoscopy	Examination of the bladder under G.A. using a cystoscope.
Cytomegalovirus (CMV)	A kind of herpes virus which usually produces very mild flu-like symptoms in an infected person but may cause severe neurological damage in people with weakened immune systems and in the newborn. A few people have a more severe illness called glandular fever, with a sore throat and swollen lymph glands. Donors with a history of CMV infection may donate. Where CMV negative blood is required for premature babies and patients who have bone marrow, renal or heart transplants as well as other immunosuppressed patients, the doctor will request a Leucodepleted (filtered) blood product.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
D	
Deaf Donor	A person who is hard of hearing.
Decompression Chamber	A chamber usually used for deep-sea divers who have symptoms of the "Bends." In recent years this therapy has gained popularity as an alternative treatment for autistic children.
Deep vein thrombosis (DVT)	Thrombosis in one of the inner veins of the leg.
Dehydration	Abnormal reduction of water in the body e.g. after severe diarrhoea, vomiting or sweating.
Dementia	A condition of chronic or permanent mental deterioration with loss of mental ability and memory.
Dengue fever	A virus disease of the tropics transmitted through mosquito bites. Symptoms include fever, sore throat, headache, very severe pains in the joints and a rash.
Dental Procedures	Surgery carried out on teeth or gums.
Depression	A state of melancholy, abnormal both in depth and duration. Reactive depression - follows some calamity which could justifiably cause sadness but occurs with unjustifiable severity. Endogenous depression - arises for no obvious reason.
Dermatitis (Includes Eczema and Psoriasis)	Itchy inflammation or irritation of the skin, due to an allergic reaction to a substance which a person has touched or absorbed.
Dermoid cyst	A tumour derived from embryonic tissues.
Diabetes insipidus	A rare disease in which the patient passes abnormally large amounts of urine. It is caused by the failure of the pituitary gland to secrete a hormone (vasopressin) which regulates the activity of the kidneys.
Diabetes mellitus	Generally referred to simply as diabetes. This is a disease in which the level of sugar in the blood rises above normal as a result of inadequate insulin secretion by the pancreas or the body's inability to use the insulin secreted.
Diarrhoea	The frequent passing of loose, watery stools. Diarrhoea can have many causes; allergy to foods, contaminated or poisoned food, infectious diseases such as dysentery, or AIDS. Sometimes due to worry or other emotions.
Dieting	Attempting to reduce weight by reducing the amount of food eaten.
Dilatation and Curettage (DandC)	Surgical procedure to scrape the interior of the uterus.
Diphtheria	A serious acute contagious disease caused by bacilli. Symptoms usually begin with a sore throat, followed by a slight fever, rapid pulse and swelling of glands in the neck. There is the formation of a fibrous growth, (like a membrane) in the throat which restricts breathing. The disease is often fatal. It is highly infectious, and all contacts of the patient must be tested. The Schick test is used to test if a person is immune or susceptible to diphtheria.
Directed Donation	A transfusion where the patient receives a designated unit from a family member or friend.
Discectomy	Major surgery to remove vertebral disc.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Dislocated Joint	When a joint is stressed resulting in disruption of normal structure and alignment.
Diverticulitis	Inflammation of diverticula formed in the wall of the colon.
Diving	Diving is the sport of jumping or falling into water from a platform or springboard, usually while performing acrobatics. In addition, unstructured and non-competitive diving is a recreational pastime. Scuba diving is a mode of underwater diving in which a scuba diver uses a self-contained underwater breathing apparatus (scuba) to breathe under water.
Dog bite	Dog's teeth have penetrated the skin and drawn blood.
Donath-Landsteiner syndrome	Rare blood disorder marked by haemolysis after exposure to cold.
Donor Phoning in for Blood Test Results	Not all donors who phone for results will be high risk. Some may have been told by BTS staff to phone in to check their blood group. There is a poor short term correlation between phone in request and Virology positive units.
Donor Unable to read questionnaire	Any person wanting to donate who cannot read and understand our literature and enrolment form must be turned away unless the Medical Assessor is able to communicate with the donor in his/her language, translate and thus ascertain the level of understanding the donor has of the donor questionnaire.
Donor who has not Eaten	We would prefer that a donor eats prior to donation as the lack of food has been listed as a possible predisposing factor for vasovagal attacks.
Donor who participate in Clinical or Vaccine	Any donor who participates in a medical based trial, whether voluntary or paid.
Donors who have spent time in UK	Donors who visited the United Kingdom on one or more occasions adding up to a total stay of 12 months or more between the years 1980 and 1996.
Down's syndrome	A congenital defect due to a complex chromosomal abnormality in the cells. The head and face are broad and flat, the eyes slant and the mouth is small. There are usually speech difficulties and varying mental retardation.
Drug Addiction/abuse	A person who is addicted to drugs taken by smoking, oral, nasal, or venous route.
Duchennes Muscular Dystrophy	Hereditary disease of the muscles where some muscles (starting with the legs) swell and become weak, usually found in young boys. Carried in the mother's genes.
Duodenal ulcers	Ulcer in the duodenum. (The duodenum is the shortest part of the small intestine.)
Dura Mater transplant	The dura mater is the outermost, toughest covering of the brain and spinal cord.
Dysentery	Infection and inflammation of the large intestine accompanied by pain, diarrhoea and bleeding, occurs mainly in tropical countries. There are two main types of dysentery; Bacillary dysentery - caused by the bacteria Shigella in contaminated food and Amoebic dysentery - caused by a parasitic amoeba.
Dysmenorrhoea	Painful menstrual periods.

# MEDICAL CONDITIONS

CONDITION	DEFINITION
E	
Ear Infection	Inflammation of the external canal or the middle ear.
Ear piercing	Ear piercing is a procedure done mainly for cosmetic reasons. There are no health reasons to get your ears pierced and most people get their ears pierced due to personal or cultural preferences.
ECG	An abbreviation for electrocardiogram.
Ectopic pregnancy	Pregnancy in which the fertilised ovum develops elsewhere than the uterus generally in a fallopian tube. This can cause rupture requiring emergency surgery.
Eczema	Non-contagious inflammation of the skin, with itchy rash and blisters.
EEG	An abbreviation for electroencephalogram.
Electro-convulsive therapy	The treatment of some mental disorders by the use of electrically induced fits. This is done by giving the patient electric shocks to the brain under carefully controlled conditions.
Electrolysis	Destruction of e.g. hair-roots by electrical action.
Eligibility criteria	The criteria which makes a donor acceptable.
Embolism	The sudden blocking of an artery by a mass of material such as a blood clot or air bubble or fat globule.
Embolism, pulmonary	A clot in the lung.
Emphysema (Em004)	Condition in which the alveoli of the lungs become enlarged, rupture or break down, with the result that the surface available for gas exchange is reduced so decreasing the oxygen level in the blood and making it difficult to breathe. Emphysema can be caused by smoking or by living in a polluted environment, by old age and asthma.
Encephalitis contact	A person sharing the same household or workplace facilities with a patient who had encephalitis i.e. inflammation of the brain, which may be caused by a bacterium, a virus, or an allergic reaction. Some forms of viral encephalitis are contagious.
Encephalitis	Inflammation of the brain, which may be caused by a bacterium, a virus, or an allergic reaction. Some forms of viral encephalitis are contagious.
Endocarditis	Inflammation of the endocardium, the lining of the chambers and valves of the heart. Infective endocarditis - bacterial infection of the heart valves.
Endocrine disorder	Endocrine glands include the pituitary, thyroid, parathyroid, adrenal glands, ovaries and testes, the placenta and part of the pancreas.
Endometriosis	Inflammation of the endometrium.
Endoscopy	Endoscopy is the inspection of any cavity of the body by means of an Endoscope.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Epilepsy	A disorder of the brain marked by recurring attacks of temporarily impaired consciousness, often with convulsions and complete loss of consciousness. In the 'grand mal' form the patient suddenly and silently falls down without warning, although some may experience an aura. After a brief interval of rigidity the patient experiences jerky movements of face, limbs for up to thirty seconds and then passes into relaxed unconsciousness for a variable time before recovering. 'Focal' or 'Jacksonian' epilepsy is a form in which the jerking begins in one part of the body, for example, the hand, and then spreads to other parts, often with no loss of consciousness. The 'petit mal' form is much simpler, where attacks last only a few seconds, and the patient appears simply to be hesitating or thinking deeply.
Epistaxis	Nose bleed.
Epstein-Barr virus	Herpes virus that causes infectious mononucleosis. (glandular fever)
Eye conditions	Any condition or disease which may affect the person's sight.
Eye Splash	Accidental exposure to blood or body fluids as a result of a mucosal/eye splash.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
F	
Fainting	Loss of consciousness for a short period caused by a temporary reduction in the flow of blood to the brain. This can be due to many causes, including lack of food, heat exhaustion, standing upright for a long time and fear.
Felty's syndrome	Condition in which the spleen is enlarged and the number of white blood cells increases. Associated with rheumatoid arthritis.
Femoral By-pass	Surgical operation to treat a vascular problem by grafting pieces of a vein to go around the diseased area.
Fertility treatment	Fertility treatments are just a series of specialised techniques that in many cases achieve what seemed impossible; a pregnancy.
Fever	Rise in the body temperature. Normal body temperature is about 37°C orally.
Fever Blister	See herpes simplex.
Fibrositis	Localised painful, inflammation of the muscle tissue and of fibrous connective tissue, especially of the back.
Fibrous thyroiditis	Also known as de Quervain's disease is a slowly progressive fibrosis of an enlarged thyroid with replacement of normal thyroid tissue by dense fibrous tissue.
Fits	A seizure, also known as a fit, is caused by a disturbance in the electrical activity of the brain, which can be due to conditions such as epilepsy.
Food Poisoning	A group of symptoms, predominantly upper GI tract symptoms, with subsequent loss of fluid and electrolytes. In normal healthy people this is more an inconvenience than an illness, but may have grave effects on the elderly, the debilitated or those who donate blood whilst not 100%. Can be caused by bacteria, viruses or chemical toxins in the food.
Foot and Mouth disease	Foot and mouth is a disease that affects cattle, sheep, goats, antelope, pigs and warthogs. People can be infected through skin wounds or the mucous membranes in the mouth by handling diseased stock, handling the virus in the laboratory, or by drinking infected milk, but not by eating meat from infected animals. Infection of humans is temporary and mild pyrexia flu-like illness, followed by blisters in the oropharynx and between toes and fingers. After 3 days blisters rupture to form ulcers which then dry.
Fracture	A broken bone.
Friedreich's ataxia	Inherited nervous disease, characterised by muscular weakness, loss of muscular control, weakness of lower extremities, abnormal gait.
Frozen shoulder	Stiffness and pain in the shoulder, caused by inflammation of the membranes of the shoulder joint after an injury or after the shoulder has been immobile for a time, when deposits may be forming in the tendons.
Fungal infection	An inflammatory condition caused by a fungus.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
G	
Gall stones	Small stones formed from insoluble deposits from bile in the gall bladder. Gallstones can be harmless, but some cause pain and inflammation. A serious condition can develop if a gallstone blocks the bile duct.
Ganglion	Mass of nerve cell bodies and synapses usually covered in connective tissue, found along the peripheral nerves.
Gangrene	Condition where tissues die and decay as a result of bacterial action, because the blood supply has been lost through injury or disease of the artery.
Gastrectomy (Partial)	Surgical removal of part of the stomach.
Gastrectomy (Total)	Surgical removal of the stomach.
Gastric ulcer	An ulcer in the stomach, caused by the action of acid, pepsin and bile in the stomach lining. Symptoms include vomiting and pain in the upper abdomen soon after eating and such complications as bleeding, perforation and obstruction due to scarring may occur.
Gastritis	Inflammation of the lining of the stomach may be caused by ingesting excess alcohol or other irritating or corrosive substances, resulting in vomiting. Chronic gastritis is associated with smoking and chronic alcoholism.
Gastroenteritis	Inflammation of the membrane lining the intestines and the stomach, caused by a viral or bacterial infection and resulting in diarrhoea and vomiting.
Gastrointestinal diseases	Diseases occurring in the stomach and intestine.
Gastroscopy	Examination of the stomach using a gastroscope.
Genital Herpes	A venereal infection caused by the herpes virus, which forms blisters in the genital region and can have a serious effect on a foetus.
Genital Warts	A venereal disease caused by the human papilloma virus, resulting in perineal warts.
German Measles	A contagious viral disease with symptoms like mild measles. It can cause foetal malformation if caught in early pregnancy.
Gigantism	Accept if donor is healthy and there are no complications related to over activity of the pituitary gland such as hypertension and diabetes. Check medication.
Gilbert's syndrome	An inherited congenital deficiency of the enzyme VDP glucuronyl transferase in the liver cells. Patients become mildly jaundiced, especially if they fast or have some minor infection. Occasionally they have mild abdominal discomfort. The condition is harmless.
Gilles de la Tourette's syndrome	A condition of severe and multiple tics, including vocal tics and involuntary obscene speech. The patient may also involuntarily repeat the words or imitate the actions of others. The condition usually starts in childhood and becomes chronic; the causes are unknown. Drug treatment with major tranquillizers for example, with Pimozide is sometimes successful.
Gingivitis	A condition in which the gums are red, swollen and bleeding as a result of bacterial infection.
Glandular fever	An infectious viral disease characterised by swelling of the lymph glands and prolonged lassitude. Also called infectious mononucleosis.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Glaucoma	Condition of the eyes, caused by abnormally high pressure of fluid inside the eyeball, resulting in disturbances of vision and blindness if not treated.
Glomerulo-nephritis	Form of nephritis where the glomeruli in the kidneys are inflamed.
Glossitis	Inflammation of the surface of the tongue.
Goitre	Excessive enlargement of the thyroid gland, seen as a swelling round the neck caused by a lack of iodine (Exophthalmic goitre or Grave's disease - form of goitre caused by hyperthyroidism where the heart beats faster, the thyroid gland swells, the eyes protrude and the limbs tremble.)
Gonorrhoea	A sexually transmitted disease caused by the bacterium gonococcus.
Gout	An illness in which abnormal quantities of uric acid are produced in the body, which allow the deposition of uric acid crystals in the tissues, especially in the cartilage round joints, and particularly the joints at the base of the big toe, which becomes very painful and inflamed.
Graft-versus-Host disease	This is a serious medical condition which has been described in patients who receive blood transfusions from close family members. The disease is caused by the presence in the transfusion of white blood cells. They survive and multiply in the recipient and are not rejected and eliminated. The lymphocytes attack specific tissues in the host. The skin, gut and liver are most severely affected. The symptoms are severe and include diarrhoea, intestinal ulceration and bleeding, severe skin rashes and blood disorders including thrombocytopenia. The condition is often fatal and occurs more commonly following the transfusion of fresh blood.
Grandmal seizure	Type of epilepsy, in which the patient becomes unconscious and falls down, while the muscles become stiff and twitch violently.
Grave's disease	Hyperthyroid due to over activity of thyroid gland
Growth Hormone	A hormone which stimulates growth in animals that is secreted by the pituitary gland.
Guillain-Barré syndrome	Nervous disorder, in which after a non-specific infection, demyelination of the spinal roots and peripheral nerves takes place, leading to generalised weakness and sometimes respiratory paralysis.

# MEDICAL CONDITIONS

CONDITION	DEFINITION
H	
Haemangioma	A benign tumour consisting of a mass of blood vessels, appears on the skin as a birth mark.
Haematemesis	Vomiting of blood (usually because of internal injury).
Haematoma	A collection of extravascular blood trapped in the tissues of the skin or in an organ. Uncomplicated haematoma = a bruise.
Haematuria	Abnormal presence of blood in the urine as a result of injury or disease of the kidney or bladder.
Haemochromatosis	A hereditary disease in which the body absorbs and stores too much iron, causing cirrhosis of the liver, and giving the skin a dark colour (bronze diabetes).
Haemodialysis	A technique of removing waste materials or poisons from the blood using the principle of dialysis, performed on patients whose kidneys have ceased to function.
Haemoglobin	A complex protein iron compound in the blood pigment in red blood cells which gives blood its red colour. Haemoglobin absorbs oxygen in the lungs and carries it in the blood to the tissues.
Haemolytic anaemia	Condition where the destruction of the red blood cells is above the normal rate and the supply of new cells from the bone marrow cannot meet the demand.
Haemolytic disease of the new-born	Condition where the red blood cells of the foetus are destroyed because antibodies in the mother's blood react against the blood of the foetus in the uterus.
Haemophilia A	Familial disease in which inability to synthesise Factor VIII (a clotting factor) means the patient's blood clots very slowly. Prolonged bleeding occurs from the slightest wound and internal bleeding can occur without any cause. (Haemophilia B - see Christmas disease.)
Haemorrhagic fever	A diverse group of animal and human illnesses in which fever and haemorrhage are caused by a viral infection.
Haemorrhoid injection	An injection used for the treatment of haemorrhoids to stop the bleeding, pain and discharge.
Haemorrhoidectomy	Surgical removal of haemorrhoids (piles) possible complications are bleeding.
Hair loss	A loss of hair from the head or body, also known as Alopecia or baldness.
Hashimoto's disease	Type of goitre in middle-aged women. An auto-immune disease where the patient is sensitive to secretions from her own thyroid gland.
Hay fever	A seasonal allergy caused by sensitivity to airborne pollen and affecting chiefly the eyes and nose.
Head injury	Any injury that results in trauma to the skull or brain.
Heart attack	Condition in which a coronary artery is blocked by a blood clot (coronary thrombosis) causing myocardial ischaemia and myocardial infarction.
Heart Block	Characterised by changes in the heart's conduction system. First degree heart block is normally asymptomatic, identified on ECG and found in athletes, people with high vagal tone or rheumatic fever or sarcoid disease of the heart. Second and third degree heart block indicate pathological changes in the conduction system.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Heart Failure (CCF)	Failure of the heart to maintain the output of blood to meet the demands of the body.
Heart murmur	Abnormal sound made by turbulent flow, usually the result of an abnormality in the structure of the heart.
Heartburn	A burning pain in the upper abdomen and lower chest caused by some digestive disturbance, frequently hiatus hernia. It has nothing to do with the heart.
Helicobacter pylori	Bacteria which is sometimes responsible for gastric ulcer formation.
Hepatitis (Alcoholic with or without cirrhosis)	Acute or chronic liver inflammation associated with excess alcohol intake.
Hepatitis (Halothane Induced)	Due to liver inflammation following halothane anaesthesia.
Hepatitis (Spouse or sex partner)	A person whose sex partner is infected with Hepatitis.
Hepatitis A	A form of infectious viral hepatitis transmitted from an infected person through food or drink, characterised by slow onset of signs and symptoms.
Hepatitis B	A form of infectious viral hepatitis caused by hepatitis B virus, transmitted by infected blood, unsterilized surgical instruments or sexual intercourse with an infected person. Characterised by rapid onset of acute signs and symptoms. Hepatitis A and Hepatitis B are caused by different viruses and having had one type does not give immunity against an attack of the other. Hepatitis B is more serious than the A form and can vary in severity from a mild gastro intestinal upset to severe liver failure and death.
Hepatitis C	This virus is an RNA virus, carried by the blood. Approximately 5% of Hepatitis C infections are related to blood transfusion. About 45% result from needle sharing among drug abusers. Hepatitis C may also be transmitted during haemodialysis and organ transplantation.
Hepatitis following medication toxicity.	Certain medication can cause hepatitis toxicity.
Hepatitis of unknown origin	Occasionally a donor does not know what type of hepatitis he has had or it was so long ago he cannot remember.
Hepatomegaly	Abnormal enlargement of the liver that is usually a sign of liver disease.
Hernia	The protrusion of an organ or tissue out of the body cavity in which it normally lies.
Herpes Simplex (cold sore)	Inflammation of the skin or mucous membrane, caused by a virus where small blisters are formed. Often presents as a burning sore, usually on the lips.
Herpes Simplex II	Sexually transmitted disease which forms painful blisters in the genital region. It is extremely contagious.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
High Risk behaviour	A person who is at risk of becoming infected with HIV, HBV or HCV due to behaviour of lifestyle choice.
HIV Positive Donor	Human Immunodeficiency Virus - virus which causes AIDS. (See information brochures.)
HIV Test Seeker	A person actively requesting an HIV test.
HIV, Hepatitis B, TPHA positive (Sexual partners of)	A person whose sex partner is infected with HIV, Hepatitis B or Syphilis.
Hodgkin's disease	A malignant disorder of lymphatic tissues characterised by painless, progressive enlargement of lymph glands in the neck, armpits, groin, chest or abdomen.
Hole in the heart	A congenital abnormality of either the atrial or ventricular wall of the heart. This can be surgically corrected.
Housemaid's knee	Condition in which the fluid sac in the knee becomes inflamed, caused by kneeling on hard surfaces.
HTLV I/II	May cause lymphoma in man.
Human bite	A wound caused by the piercing of skin by human teeth.
Human Papilloma Virus (HPV)	A virus that produces epithelial tumours of the skin and mucous membranes.
Human Tissue	Transplant of Human tissue.
Huntington's chorea	Progressive hereditary disease, affects adults. Outer layer of the brain degenerates. Involuntary, jerky movements and dementia develop.
Hydatid cyst	A cyst found in an organ, which covers the larvae of the tapeworm.
Hydatidiform mole	A collection of fluid filled sacs that develop when the membrane surrounding the embryo degenerates in early pregnancy. The embryo dies. A malignant condition may subsequently develop.
Hydrocele	A collection of watery liquid formed in a cavity such as a scrotum.
Hyperbaric Oxygen therapy	It is a medical treatment which enhances the body's natural healing process by inhalation of 100% oxygen in a total body chamber, where atmospheric pressure is increased and controlled.
Hyperbilirubinaemia	An abnormally high amount of bilirubin.
Hyperglycaemia	An abnormally high amount of glucose in the bloodstream.
Hypertension	High blood pressure.
Hyperthyroidism	Hyperactivity of the thyroid gland.
Hyperventilate/ Hyperventilation	Rapid breathing. People hyperventilate as an expression of fear, excitement or after strenuous exercise.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Hyperventilatory tetany	Hyperventilation causes depletion of carbon dioxide which results in a rise of blood pH. If pronounced, alkalosis and consequently hyperventilatory tetany, the earliest stage of convulsions, may occur. The person complains of tingling or numbness of lips and fingers, which may progress to muscular twitching or spasms of the hands and face with grimacing and gesturing.
Hypofibrinogenemia	A condition in which there is a deficiency of fibrinogen in the blood.
Hypoglycaemia (history of)	An abnormally low amount of glucose in the blood.
Hypoglycaemic coma	State of unconsciousness affecting diabetics after taking an overdose of insulin.
Hypotension	Abnormally low blood pressure.
Hypothyroidism	Under-activity of the thyroid gland.
Hysterectomy	Surgical removal of the uterus.

# MEDICAL CONDITIONS

CONDITION	DEFINITION
I	
Idiopathic Thrombocytopenia	It is a bleeding disorder in which the immune system destroys platelets which are necessary for normal blood clotting.
Illiterate Donor	Someone who is unable to read or write, or who is ignorant about a certain subject.
Impetigo	A bacterial skin infection usually caused by staphylococci.
Infectious disease	Caused by microbes and transmitted to other people by direct means.
Infectious mononucleosis	Infectious disease, chiefly of adolescents. The symptoms include sore throat, fever and swelling of the lymph glands in the neck, etc. Glandular fever is caused by the Epstein-Barr virus or CMV. Convalescence may be slow.
Inflammation	A defensive reaction of tissues to injury or infection. The blood vessels in the affected area swell and allow some of their contents to ooze out, carrying protective substances, including leucocytes, to destroy bacteria or foreign particles. The area develops the characteristic features of swelling: redness, warmth, pain and reduced function.
Influenza (In003)	Infectious disease of the upper respiratory tract with fever, malaise, and muscular aches. Transmitted by a virus which occurs in epidemics. Influenza virus is spread by droplets of moisture in the air. Disease can be spread by coughing or sneezing. Influenza can be quite mild, but virulent strains can occur.
Insect bite	A bite of any parasitic or venomous anthropoid such as a louse, flea, mite, tick or spider. Most insect bites are simply irritating but some patients can be extremely sensitive to certain types of insects (such as bee stings). Other insect bites can be more serious, as insects can carry bacteria which produce, e.g. typhus, sleeping sickness, malaria, etc.
Insulin Resistance syndrome	Individuals with 3 or more of the following 5 abnormalities are considered to have insulin resistance syndrome: abdominal obesity, elevated blood pressure, hypertriglyceride, low (HDL) cholesterol, and high fasting blood glucose. Lifestyle modification (diet and exercise) help, however drug therapy such as metformin may be required.
Intracranial bleed	A haemorrhage or bleeding within the skull.
Intradermal naevus	Benign skin condition.
Intraocular Lens	A lens implanted in the eye used to treat cataracts or myopia.
Intravenous (IV) drug use	A method of introducing mind altering substances into the body with an intravenous needle.
Intravenous Pyelogram	Examination of the kidney by a succession of x-ray films of the urinary tract following the injection into a vein of a radio-opaque dye.
Irregular Pulse	A variation in the normal rhythm of the heartbeat e.g. missed beats or extra beats, variable rate, variable pulse volume.
Ischaemic Heart disease	Disease of the heart caused by a failure in the blood supply. Although a blood donation poses no problem for a healthy person, the limited stress associated with phlebotomy could lead to an untoward reaction in the donor with coronary artery disease.
Ischiorectal abscess	Abscess which forms in fat cells between the anus and the ischium. It may occur spontaneously, but is often secondary to another disease of the anus.
Isotope Scan	Scan of specific area of the body using an intravenous isotope dye.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
J	
Jaundice	A syndrome characterised by Hyperbilirubinaemia and deposition of bile pigment in the skin and mucous membranes with resulting yellow appearance of the person.
Jellyfish Sting/ Blue Bottle Sting	A sting from a jellyfish when it comes into contact with human skin usually in swimming, wading or diving. The skin often displays a painful, itchy and raised red rash that may persist for days or weeks.
K	
Kala Azar	A tropical disease caused by the parasitic protozoan Leishmania Donovanii.
Kaposi Sarcoma	A malignant tumour which takes the form of many haemorrhagic nodes affecting the skin. Appears as purple to dark brown plaques, especially on the extremities. Formerly a relatively rare disease, found mainly in tropical countries, now more common as it is one of the sequelae of AIDS.
Kavady Prayers	It is an extreme show of devotion where some Hindu devotees pierce their bodies with needles and vel-shaped skewers.
Keratosis	Lesion of the skin. (horny growth)
Kidney disease	Any one of the numerous conditions including infections, obstructive, inflammatory, vascular or neoplastic disorders of the kidney.
Kidney Failure	Characterised by a decrease in the kidneys ability to filter the blood and excrete waste products. Kidney Failure can be divided into acute and chronic disease depending on the cause.
Kidney stones	These are small, hard mineral deposits that form inside the kidneys. The stones are made of mineral and acid salts.
Klebsiella	A form of gram negative bacteria. Usually a severe infection requiring intravenous antibiotics and admission to hospital.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
L	
Lacerations	Wound which has been cut or torn.
Laminectomy	Surgical cutting into the backbone to obtain access to the spinal cord. The operation is performed to remove tumours, to treat injuries to the spine or to relieve pressure on a spinal nerve.
Laparoscopy	Examination of the abdominal structures by means of a laparoscope. This is passed through a small incision in the wall of the abdomen after injecting air into the abdominal cavity.
Laparotomy	A surgical incision into the abdominal cavity. The operation is usually done to help with a diagnosis and as a prelude to major surgery.
Lapsed donor	A lapsed donor is a donor that has not given blood or donated in 2 years.
Laryngitis	Inflammation of the larynx and vocal cords due to infection by bacteria or viruses.
Laryngoscopy	Examination of the inside of the larynx by means of a laryngoscope.
Laser treatment (Cosmetic)	A medical treatment that use focused light to treat many cosmetic and surgical conditions.
Lassa fever	A serious, highly infectious viral disease confined to Central and West Africa. The symptoms are high fever, headache, muscular pains and ulcers in the mouth. Difficulty in swallowing often arises. Death from kidney or heart failure may occur. Treatment with plasma from recovered patients is a form of therapy.
Lead Exposure	Occurs when lead builds up in the body, often due to exposure for over a period of months or years.
Legionnaires' disease	A bacterial disease presenting with symptoms of pneumonia. The bacteria can be found in central air-conditioning systems and transmitted in droplets of moisture in the air. It can be fatal to old or sick people.
Leishmaniasis	A disease caused by parasites of genus Leishmania and spread by the bite of certain types of sand flies.
Leprosy	A chronic bacterial disease of tropical and subtropical areas, transmitted by direct contact. Incubation period may be one year or very much longer, e.g. 30 years.
Leptospirosis	Infectious disease caused by a spirochete and can be transmitted by many animals such as rats, racoons, foxes and skunks.
Leucocytosis	Transmitted through contact or ingestion of infected soil, food or water.
Leukaemia	An increase in the number of leucocytes (white blood cells) in the blood. A malignant disease involving a vast increase in the numbers of leucocytes in immature form, in the bloodstream. The bone marrow and other blood forming organs produce increased numbers of certain types of white blood cells which suppresses the production of normal white cells, red cells and platelets. This leads to increased susceptibility to infection, anaemia and bleeding. Other symptoms include enlargement of the spleen, liver and lymph nodes.
Lipoma	A common, soft benign tumour of fatty tissue. It is doubtful whether malignant change ever occurs.
Lipomatosis	The presence of an abnormally large amount of fat in the tissues in tumour - like masses (non- malignant).

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Listeriosis	Listeria bacteria found on domestic animals may be transmitted to man by eating infected animals or animal products. It may cause disease, ranging from influenza - like symptoms, to meningitis. In pregnant women it may terminate the pregnancy or damage the foetus.
Lobectomy	A surgical removal of a lobe of a gland or organ such as the lung, which may be performed for cancer or other lung diseases.
Local skin lesions - Solar keratosis	A sharply defined greyish black horny growth, slightly elevated papule on the skin as a result of chronic sun exposure.
Lockjaw	An early sign of tetanus in which there is difficulty opening the jaw because of a tonic spasm of the muscles of mastication/chewing.
Lumbago	Low backache of any cause or description.
Lumbar puncture	The insertion of a hollow needle between two of the lumbar vertebrae into the spinal canal either to take a sample of the cerebrospinal fluid or to inject a drug.
Lumpectomy (only breast)	An operation to remove a lump in the breast.
Lung disorder	Any problem in the lungs that prevents the lungs from working properly. It may be from airway, lung tissue or lung circulation diseases.
Lung Fibrosis	Replacement of lung tissue by fibrous tissue. The cause of the fibrosis may be due to many causes.
Lupus	Auto immune disorder of tissues resulting in chronic skin disease. Lupus Erythematosus acutis is a form of lupus involving the heart and blood vessels, and affecting the connective tissue. Symptoms include skin rash on the face, fatigue, hair loss, anaemia, arthritis, kidney disorders, seizures, chest and abdominal pain. Lupus vulgaris is a form of tuberculosis of the skin. Usually due to direct inoculation of the tuberculosis bacillus into the skin. Red spots appear on the face and become infected, which can cause extensive scarring.
Lyme disease	Infection caused by a spirochaete ( <i>Borrelia burgdorferi</i> transmitted by a tick bite) Symptoms are malaise, fatigue, headache, myalgia and arthralgia. Signs are multiple red skin lesions (macules and papules).
Lymphadenitis	Enlarged and inflamed lymph nodes
Lymphoma	A malignant tumour of lymph nodes including Hodgkin's disease. There is a broad spectrum of malignancy, with prognosis ranging from poor to cure. The patient shows evidence of multiple enlarged lymph nodes and may have symptoms such as weight loss, fever and sweating.

# MEDICAL CONDITIONS

CONDITION	DEFINITION
M	
Mad Cow disease	A fatal disease that slowly destroys the brain and spinal cord in cattle (also known as bovine spongiform encephalopathy - BSE). In humans it is acquired from eating infected beef.
Malaria Risk Area	When travelling in a Malaria area there is a risk of being infected, regardless of whether malarial prophylaxis is taken or not. It is felt that Malaria areas outside SA carry a higher risk. A visitor to a malaria area would be someone visiting from dusk to dawn (sunset to sunrise/night).
Malaria	A disease caused by a parasite (Plasmodium) and transmitted by the bite of an infected mosquito. It is found in Africa and Asia, and in Central and South America. The parasites undergo complex changes both in the mosquito and in man. Malaria is a recurrent disease which produces regular attacks. The attack consists of a high fever with headache and vomiting, preceded by shivering and followed by heavy sweating and prostration. Complications include anaemia, kidney failure, and brain and lung disturbances.
Malignancy	A malignant growth or tumour which develops in tissue and destroys it. Can spread by metastases to other parts of the body, thus setting up secondary tumours at sites distant from the original tumour.
Malta fever	See Brucellosis.
Mammoplasty	Plastic surgery of the breasts in order to alter their shape or increase their size.
Manic depressive	One who is subject to alternating states of severe mania and depression and experiences delusion.
Marathon Runners (major)	People who run/cycle long distances with kilometres usually more than 42 km.
Mastectomy	Surgical excision of entire breast as a means of tumour clearance.
Mastitis	Inflammatory condition of the breasts.
Mastoiditis	Inflammation of the mastoid process and air cells. Symptoms are fever and pain in the ears. Mastoiditis can cause deafness if not treated. Surgery performed - mastoidectomy
Measles	Highly infectious viral disease that tends to appear in epidemics every 2-3 years and mainly affects children who present with a red rash on their body. Measles can be a serious disease as it weakens the body's resistance to other infections, especially bronchopneumonia and ear infections. It can be prevented by immunization. In an adult it can be very serious.
Melanoma	A potentially highly malignant tumour of melanin-forming cells occurring in the skin (excessive exposure to sunlight is a contributory factor. Spread of this cancer to other parts of the body, especially to the lymph nodes and liver is common.
Ménière's disease	A condition associated with disturbance of the inner ear and reduced hearing. It produces sudden attacks of severe vertigo (dizziness), tinnitus (buzzing/ringing in ears) often with nausea and vomiting.
Meningitis	Inflammation of the meninges due to infection by viruses or by bacteria. Fever, severe headache, stiffness of the neck and back, and difficulty in bending the head forward are some features of meningitis. In severe cases convulsions, vomiting and delirium leading to death may occur.
Meningococcal meningitis	Commonest epidemic form of meningitis caused by infection from bacteria called meningococci. Because of a characteristic rash which may appear, it is also known as "spotted fever".
Menopause	Cessation of menstruation in the human female, occurring usually between the ages of 46 - 50 years.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Menstruation	The discharge of blood and fragments of endometrium from the vagina at intervals of about one month in women of child bearing age.
Mentally Retarded Donor	A donor whose mental capacity is poor for their age. People with Down's and cerebral palsy fall into this category.
Migraine	Attacks of sharp, severe headaches occurring irregularly and lasting some hours. They are often preceded by an aura of flashing or zigzag sensation of light or the eyesight becomes blurred. Generally they affect one side of the head only and are frequently accompanied by photophobia, nausea and vomiting.
Miscarriage	Common name for abortion see abortion.
Monocytosis or mononucleosis	Condition in which there is an abnormally high number of monocytes in the blood. Symptoms include a sore throat, swelling of the lymph nodes and fever. It is probably caused by the Epstein-Barr virus or CMV.
Mouth infection/ulcers	Mouth ulcers are painful round or oval sores that form in the mouth, most often on the inside of the cheeks or lips.
MRI (Magnetic Resonance Imaging)	A medical imaging technique which uses non-ionising radiation, but uses a powerful magnetic field. MRI is especially useful in neurological (brain), musculoskeletal, cardiovascular, and oncological (cancer) imaging.
Multiple sclerosis	A chronic disease of the nervous system affecting young and middle-aged adults. It is a slowly progressive disease in which the insulating myelin sheath protecting the nerves degenerates.
Mumps	A common, viral, infectious disease, mainly affecting children with fever and swellings in the salivary glands. Mumps is a relatively mild disease in children. In adult males it can have serious complications and cause inflammation of the testicles.
Muscular conditions	Any of the conditions, diseases or disorders that affect the human muscle system.
Muscular dystrophy	The most common form is Duchenne's dystrophy which is inherited as a sex-linked recessive character and is nearly always restricted to boys.
Muscular Rheumatism	Any aching pain in the muscles and joints. Commonly the symptoms are due to fibrositis or to inflammation of the muscles.
Myalgic encephalomyelitis (M.E)	Disorder characterised by muscular fatigue and pain, slow movements, lack of concentration, memory loss and extreme tiredness. The cause has not been established.
Myasthenia Gravis	A chronic disease caused by auto-antibodies, marked by abnormal fatigability and weakness of selected muscles. The degree of fatigue is so extreme that these muscles are temporarily paralysed. Other symptoms include drooping of the upper eyelid and double vision. It chiefly affects adolescents and young adults (usually women) and adults over 40.
Myelogram	Specialised method of x-ray examination to demonstrate the spinal canal after injection of radio-opaque contrast medium.
Myeloma	Malignant tumour of bone marrow, e.g. jaw.
Myocardial Infarction	Death of myocardial muscle as a result of lack of oxygenation due to narrowing or complete blockage of coronary arteries.
Myocarditis	Inflammation of the heart muscle.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
N	
Narcolepsy	A condition marked by an uncontrollable desire for sleep.
Natural childbirth	The baby is born with as little medical assistance as possible.No complications.
Nausea	The feeling that one is about to vomit. May be caused by eating habits, too much rich food or drinking too much alcohol. Other causes include stomach disorders, such as gastritis, ulcers and liver infections.
Needle stick injury	Deep or superficial prick with a potentially contaminated hypodermic needle or surgical instrument, or other item.
Nephrectomy	Surgical removal of a kidney.
Nephritis	Infection of the kidney.
Nerve compression	A pathological event that causes harmful pressure on nerve trunks resulting in nerve damage and muscle weakness.
Nervous breakdown	A sudden mental illness, in which a patient becomes so depressed and worried that he is incapable of doing anything.
Neuralgia	Severe burning or stabbing pain often following the course of the nerve e.g. Trigeminal neuralgia, where intense shooting pain is experienced across the face.
Neuritis	Inflammation of the nerve, giving a constant pain.
New/recent sexual partner	A new person that engages or gets intimate with another in a new relationship (less than 6 months).
Night sweats	Copious sweating during sleep, may be an early indication of tuberculosis, AIDS, lymphoma or other disease.
Nipple piercing	A body piercing centered usually at the base of the nipple.
Nose Bleed	Bleeding from the blood vessels in the nose, also known as epistaxis.
Nose Piercing	A body piercing centered usually at the base of the nose.
NvCJD	Scientific evidence suggests that New variant Creutzfeldt-Jakob disease (NvCJD) or Variant Creutzfeldt-Jakob disease (vCJD) is caused by the transmission of the BSE (Mad Cow disease) agent to humans resulting in a neurodegenerative disease.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
O	
Occupation (hazardous)	Hazardous Occupation refers to an occupation which may endanger the donor or others if they were to faint post donation.
Occupational exposure to Lead	Chronic exposure to lead resulting in an elevated blood lead level is known to affect neurological function. Epidemiologic studies have demonstrated that I.Q. in children is inversely correlated with blood lead levels
Oedema	Excessive accumulation of fluid in the body tissue, popularly known as “dropsy”. The swelling may be local, as with an injury or inflammation or more general as in kidney or heart failure.
Oesophagitis	Inflammation of the oesophagus, caused by acid juices from the stomach or by infection.
Oophorectomy	Surgical removal of an ovary. Performed for example when the ovary contains tumours or cysts or is diseased.
Operations	Treatment of a disease or disorder by cutting into, or removal of, or manipulation of, tissue or organs or parts.
Ophthalmic Surgery	Surgery performed on the eye or its adnexa by an ophthalmologist.
Orchitis	Inflammation of the testes. Causes pain, redness and swelling of the scrotum.
Organ transplant	It is the moving of an organ from one body to another or from a donor to another location on the person’s own body to replace the recipient’s damaged or absent organ.
Osgood-Schlatter disease	Inflammation in the bones and cartilage at the top of the bone.
Osteochondritis	Inflammation of a bone, associated with pain.
Osteogenesis imperfecta	Generalised disorder of connective tissue with clinical manifestations affecting the eye, the ear and the skeleton.
Osteomyelitis (Os002)	Inflammation of the bone marrow due to infection.
Osteoporosis	Loss of bony tissue resulting in brittle bones.
Otitis Externa	Infection in the ear canal. This can be localised (furuncle) or diffuse. More common during the swimming season, due water being trapped in ear canal. This seldom extends to become systemic.
Otitis interna	Inflammation of the inner ear, causing the sudden onset of vomiting, vertigo and loss of balance.
Otitis Media	Inflammation of the middle ear, usually due to viral or bacterial infection. Symptoms include severe pain and high fever, unless treated with antibiotics it may lead to deafness.
Oxygen therapy (hyperbaric)	It is a medical treatment which enhances the body’s natural healing process by inhalation of 100% oxygen in a total body chamber, where atmospheric pressure is increased and controlled.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
P	
Pacemaker	An electronic device worn by a patient, or implanted in the body, to stimulate or regulate the heartbeat, in certain cases of abnormal heart rhythm.
Palpitations	An awareness of one's heartbeat. This does not necessarily indicate a diseased heart, but sometimes causes unjustified anxiety.
Pancreatitis	Inflammation of the pancreas. Acute pancreatitis is a sudden illness in which the patient experiences severe pain in the upper abdomen and back, with shock. Its cause is not always discovered, but it may be associated with gallstones or alcoholism.
Paraplegia	Paralysis of both legs usually due to disease or injury of the spinal cord.
Paratyphoid fever	Infectious disease which has similar symptoms to typhoid and is caused by bacteria transmitted in the faeces of patients or carriers. Outbreaks occur as a result of poor sanitation or unhygienic food handling.
Parkinson's disease	A disorder of middle-aged and elderly people. Affects the parts of the brain which control movement. The symptoms include trembling of the limbs, a shuffling walk and difficulty in speech. Some cases can be improved by treatment with Levodopa.
Parrot disease	An infectious disease of parrots and budgies which can be transmitted to man. Causes headache, nose bleeds, shivering, fever and complications involving the lungs. Untreated the disease can be fatal.
Pemphigus	Any of several distinctive skin diseases marked by successive outbreaks of blisters.
Peptic ulcer	An ulcer in the lining of the stomach or duodenum.
Pericarditis	Inflammation of the pericardium - acute pericarditis - sudden attack of fever and pain in the chest caused by the two parts of the pericardium rubbing together. Chronic pericarditis - condition in which the pericardium becomes thickened and prevents the heart from functioning normally.
Perineal Piercing	Body piercing on the perineum.
Peritonitis	Inflammation of the peritoneum. Caused by bacteria spread via the blood stream. Symptoms are diffuse abdominal pain and swelling with fever.
Permanent make-up	A cosmetic technique that employs tattoos as a means of producing designs that resemble make-up, such as eye lining and other permanent enhancing colours to the skin of the face, lips and eyelids.
Pernicious anaemia	Disease in which an inability to absorb Vitamin B12 prevents the production of red blood cells and affects the spinal cord.
Perthes' disease	Degeneration of upper end of thigh bone, more common in young boys. Prevents proper bone growth, can result in a permanent limp.
Pharyngitis	Inflammation of the pharynx. Produces a sore throat, usually associated with tonsillitis
Phlebitis	Inflammation of a vein. May be superficial or deep. A segment of a vein becomes painful and tender and the surrounding skin feels hot and appears red.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Pilonidal sinus	A short tract leading from an opening in the skin, in or near the cleft at the top of the buttocks and containing hairs. The sinus may be recurrently infected leading to pain and the discharge of pus. Treatment is by surgically opening and cleaning the sinus.
Pilot	A person who is qualified to operate an aircraft or spacecraft in flight.
Pink Eye	Redness and swelling of the conjunctiva of the eye.
Pituitary hormone	A hormone secreted by the Pituitary gland.
Pleurisy	Inflammation of the pleura usually due to pneumonia in the underlying lung. The symptoms are coughing, fever and sharp pains when breathing, caused by the two layers of pleura rubbing together.
Pneumonectomy	Surgical removal of a lung.
Pneumonia	Inflammation of the lung caused by bacteria or virus. The symptoms depend on the amount of lung involved and the virulence of the infecting organism, but they generally include cough and chest pain, shivering, high temperature and sputum brought up by coughing.
Pneumothorax	Collapsed lung. Condition in which air or gas is in the thorax.
Poisoning	Condition in which a person is made ill by a poisonous substance that irritates, damages or impairs the activity of the body's tissues. Many common foods and drugs can be poisonous if taken in large doses. Common household materials such as bleach, glue and insecticides can also be poisonous.
Poliomyelitis	A viral infection which attacks the spinal cord and causes paralysis, especially of the limbs and sometimes of the respiratory muscles.
Polycystic Kidney disease	An inherited disorder in which clusters of cysts develop primarily within the kidneys.
Polycystic Ovarian syndrome	A condition where there are multiple cysts in both ovaries. This condition is often associated with maturity onset diabetes.
Polycythaemia (Secondary)	An increase in the haemoglobin concentration of the blood. This may be due to an increase in the total volume of the red cells as a result of a secondary condition in association with various respiratory or circulatory disorders which cause deficiency of oxygen in the tissues.
Polycythaemia Vera	Disease in which the number of red cells in the blood is greatly increased. There is often also an increase in the numbers of white blood cells and platelets making the blood thicker and slowing its flow. Symptoms include headache, thrombosis, and cyanosis. The cause of the disease is unknown.
Porphyria	One of the rare, inherited disorders caused by a disturbance of the metabolism of the breakdown products (porphyrins) of the red blood pigment haemoglobin. The defect may be primarily in the liver or in the bone marrow or both. Prominent features of the disease include the excretion of porphyrins and their derivatives in the urine, sensitivity of the skin to sunlight which may cause chronic inflammation or blistering, abdominal pains and attacks of mental confusion and inflammation of the nerves.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Pott's disease	Tuberculosis of the spine, usually transmitted by infected cow's milk. Untreated it can lead to hunchback deformity.
Pregnancy	The period during which a women carries a developing foetus. Pregnancy lasts for approximately 266 days, from conception until the baby is born.
Prisoner (Person with a prison record)	A person who has been detained in prison for whatever reason for any of period of time.
Prostatectomy	Surgical removal of the prostate gland. The operation is necessary to relieve retention of urine due to enlargement of the prostate gland or to cure the symptoms of frequency and poor urinary flow due to same cause.
Prostatic Cancer	Enlargement of the prostate that is cancerous or malignant.
Prostatitis	Infection/inflammation of the prostate gland.
Prostitute	A person typically a woman who engages in sexual activity for payment.
Psoriasis	A chronic skin disease in which itchy, scaly, red patches form on the elbows, forearms, knees, legs, scalp and other parts of the body. Psoriasis is the most common skin disease but its cause is not known. The disorder often occurs in families and may be brought on by anxiety. Occasionally the disease may be very severe, affecting much of the skin and causing considerable disability in the patient. There is no known cure and treatment is palliative with lotions or ointments.
Psychiatric Disorder	A mental or behavioural pattern that causes either suffering or a poor ability to function in ordinary life.
Psychopath	Person whose behaviour is abnormal and may be violent and antisocial.
Psychosis	Severe mental illness in which the sufferer loses contact with reality. Delusions and hallucinations occur, thought processes may be altered. The most important functional psychoses are schizophrenia and manic depressive psychosis
Pulmonary Embolism	Obstruction of the pulmonary artery or one of its branches by an embolus could be a blood clot or air bubble. Large pulmonary emboli may result in acute heart failure or sudden death of sections of lung tissue, pleurisy and haemoptysis (coughing of blood). The condition is very serious, with severe chest pain, breathlessness and shock. Minor pulmonary emboli symptoms include pain, coughing and later blood stained sputum. Respond to anticoagulant drugs, e.g. heparin and warfarin. Major pulmonary embolism is treated by embolectomy.
Pyelitis	Inflammation of the pelvis of the kidney.
Pyelogram	An x-ray of the renal pelvis and ureter.
Pyrexia	Rise in body temperature.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Q	
Q fever	Acute infectious disease of cattle, sheep or goats, transmitted to man primarily through contaminated unpasteurised milk.
Quadriplegia	Paralysis of all 4 limbs due to a cervical spine injury.
Quinsy	Severe tonsillitis.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
R	
Raatib	The making of a number of superficial incisions in the skin.
Rabies	A fatal disease. Transmitted by the bite from an infected (rabid) animal. It is an acute viral disease of the central nervous system. Symptoms appear after an incubation period ranging from 10 days to a year. Includes malaise, fever, difficulty in breathing, salivation, and periods of intense excitement and painful muscle spasms of the throat induced by swallowing.
Radiation Therapy	Therapy using ionising radiation, generally as part of cancer treatment to control or destroy malignant cells. Surgical removal of a breast and of some of the underlying muscles and associated lymph glands in the axilla due to breast cancer.
Radical mastectomy	Used in treatment and diagnosis of conditions of the thyroid gland.
Radio-active Iodine	The taking of radiographs, x-ray pictures, to assist diagnosis.
Radiography	A scan that uses a small amount of radioactivity to produce pictures on a special camera.
Radioisotope Scan	Radiation treatment.
Radiotherapy	A form of Herpes zoster affecting the facial nerve associated with facial paralysis and loss of taste. It also produces pain in the ear.
Ramsay-Hunt syndrome	A criminal offence where there was unlawful sexual intercourse or unlawful sexual intrusion against a person's will.
Rape	A condition of unknown cause (or due to cold agglutinins) in which the arteries at the extremities (fingers, toes, nose, ears, etc.) narrow in spasm and temporarily restrict the blood supply, causing them to become cold, numb and turn white.
Raynaud's disease	Spasm of arterioles, usually in the digits (sometimes nose and ears) with intermittent pallor and cyanosis of the skin. Raynaud's phenomenon is secondary to other disease e.g. SLE, Scleroderma, Rheumatoid arthritis.
Raynaud's Phenomenon	The making of a number of superficial incisions in the skin.
Razor Games	A donor who has participated in a red cell immunisation programme (i.e. anti-D programme).
Red Cell Immunisation Programme (Donor)	An infectious disease caused by bacteria (Borrelia) which is transmitted by ticks or lice and results in recurrent fever.
Relapsing fever	Painful colic of the ureter due to obstruction by a calculus from the kidney.
Renal colic	A medical condition in which the kidneys fail to adequately filter waste products from the blood.
Renal Failure	Infection in the upper part of the respiratory system. An upper respiratory infection may progress to pneumonia or other complications, and the donor may think that blood donation was responsible.
Respiratory infection	A common cause of painful legs that typically eases with motion of the legs and becomes more noticeable at rest.
Restless leg syndrome	Separation of the retina from the underlying retinal pigment epithelium.
Retinal detachment	Disease affecting mainly children or young people caused by haemolytic streptococci. The joints and also the valves and lining of the heart become inflamed. Rheumatic fever often follows another streptococcal infection such as a streptococcal throat or tonsillitis.
Rheumatic fever	

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Rheumatism	General term for pains and stiffness in the joints and muscles, usually caused by fibrositis or inflammation of the muscles or osteoarthritis.
Rheumatoid arthritis	A chronic inflammatory disease of the joints, the feet, hands and wrists being particularly affected. In time many cases become less severe but some worsen, causing swelling of the joints with stiffness and deformity. It is considered one of the auto-immune diseases. It is confirmed by specialised blood tests.
Rhizotomy	Rhizotomy is a percutaneous facet denervation procedure with a high frequency (radiofrequency) needle. The procedure is indicated to treat facet induced spinal pain. It is done under general anaesthetic and new needles are used for each patient and discarded after the procedure.
Rickettsia	Parasitic organisms which infect arthropods (ticks, mites, etc.) through whom they can be transmitted to mammals (including man) causing severe illness such as tick-bite fever, rickettsial pox, forms of typhus and Rocky Mountain spotted fever. Signs and symptoms include chills, fever, muscular pain and a rash similar to chickenpox.
Rift Valley fever	A viral zoonosis that primarily affects animals but also has the capacity to infect humans, a member of Phlebovirus genus.
Ringworm	A fungal infection of the surface of the skin, in which the infection spreads out in a circle from a central point. Ringworm is highly contagious and difficult to clear.
Rocky Mountain Spotted fever	Type of Typhus caused by Rickettsia, transmitted to humans by ticks.
Rodent ulcer	A slow growing, malignant tumour of the face, usually at the edge of the eyelids, lips or nostrils. Rodent ulcers usually occur in middle age or later. If untreated they destroy skin muscle and bone but do not spread to other parts of the body. Can be treated by surgery or radiotherapy.
Root canal treatment (Dentistry)	The procedure of removing the remnants of the pulp of a tooth, cleaning and shaping the canal inside the tooth and filling the root canal. The entire treatment usually extends over several visits. It is used to treat toothache or an apical abscess.
Rubella Contact	A person that has come into contact with another that is infected with Rubella.
Rubella	Common infectious viral disease mostly affects children with mild fever, swollen lymph nodes and rash. German measles can cause still birth or malformation of an unborn baby if the mother contracts the disease while pregnant. The risk of abnormalities is greatest in the first trimester.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
S	
Salpingectomy	Surgical removal of a fallopian tube. The operation involving both tubes is a permanent and a completely effective method of contraception (sterilisation).
Salpingitis	Inflammation of the fallopian tubes, caused by bacterial infection spreading from the vagina or uterus or carried in the blood.
Sarcoidosis	A chronic disease of unknown origin causing enlargement of the lymph nodes, where small nodules or granulomas form in certain tissues, especially in the lungs or liver and other parts of the body.
Sarcoma	A tumour made up of connective tissue. Sarcomas (cancer) are often highly malignant.
Scabies	Very irritating skin infection caused by a mite which lives under the skin. Scabies is typified by severe itching, particularly at night, red papules and often secondary infection.
Scarification/ Raatiib	Process of making a series of shallow cuts or scratches in the skin to allow a substance to penetrate the body. This includes razor games and compass/needle scratches.
Scarlet fever contact	A person that has come into contact with another that is infected with Scarlet fever.
Scarlet fever Infection	An acute infection, highly contagious, caused by a strain of streptococcus, producing a sore throat, fever and a widespread, scarlet rash. It is transmitted either from a patient or carrier (by coughing) or through contaminated milk. Can sometimes have serious complications if the kidneys are affected.
Schistosomiasis	Tropical disease caused by flukes in the intestine or bladder. The larvae of the fluke enter the skin and lodge in the walls of the intestine or bladder. Patients suffer from fever and anaemia.
Schizophrenia	A severe mental disorder. A form of psychosis in which the patient becomes inert and withdrawn from emotional and personal contact and many forms of reality.
Sciatica	Pain felt down the back and outer side of the thigh, leg and foot. Sciatica can be caused by a slipped disc which presses on a spinal nerve, or can simply be caused by straining a muscle in the back.
Scleroderma	Collagen disease which thickens connective tissue and produces a hard, thick skin. It can affect any part of the body, may be localised, or can affect other organs such as the kidneys.
Scurvy	A disease which is caused by lack of Vitamin C.
Sepsis	Presence of bacteria and their toxins in the body (usually following the infection of a wound) which kill tissue and produce pus.
Septicaemia	A disease caused by the presence of large numbers of rapidly multiplying bacteria in the bloodstream; blood poisoning.
Sexual assault (and partner)	Rape.
Sexually Transmitted disease (STD)	Any of several diseases which are transmitted from an infected person to another person during sexual intercourse. Among the commonest STDs are non-specified urethritis, genital herpes, gonorrhoea and AIDS.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Shock Therapy	It is a psychiatric therapy in which seizures are electrically induced to provide relief from psychiatric illnesses.
Shortness of breath	Panting or being unable to breathe quickly enough to supply oxygen needed.
Sickle cell anaemia	Hereditary condition which is mainly found in Africa and the West Indies, in which the patient develops sickle cells which block the circulation, causing anaemia and pains in the joints and abdomen.
Sigmoidoscopy	Examination of the sigmoid colon using a sigmoidoscope (surgical instrument with a light at the end) which is passed into the rectum.
Simmonds's disease	Condition of women in which there is lack of activity in the pituitary gland, resulting in wasting of tissue, brittle bones and premature senility.
Sinus arrhythmia	A normal variation of the heart rate, which accelerates slightly on inspiration and slows on expiration. It is common in healthy individuals.
Sinusitis (acute)	Inflammation of the mucous membranes in the sinuses especially the maxillary sinuses. It is often caused by infection spreading from the nose. Symptoms include headache and tenderness over the affected sinus, which may become filled with purulent material that is discharged through the nose.
Skin Cancer	Cancers or malignancies that arise from the skin.
Skin diseases	Rashes, erythema, etc. It is important that the venepuncture site is free of any skin disease and the donor free of skin disease of sufficient extent to pose a risk of blood contamination. Minor lesions of acne, psoriasis and seborrhoeic dermatitis do not usually present any risk to the recipient or to themselves as long as the phlebotomy site is clear.
Skin graft	The transplanting of a piece of healthy skin from one part of a patient's body to cover a defect in another part.
Sky Diving	A method of exiting an aircraft and returning to earth with the aid of gravity then slowing down during the last part of the descent using a parachute.
Sleeping Sickness	A disease of Tropical Africa (endemic to Okavongo and Africa north of the Zambezi). The parasites are transmitted to man by the bite of the tsetse fly. Symptoms include fever, headache and chills, lethargy and long periods of sleep. The disease can be fatal if not treated.
Smallpox	An acute, highly contagious viral infection.
Snake bite	Bite from a snake, which may or may not be poisonous.
Sore throat	Pain in the back of the mouth, commonly due to bacterial or viral infection of the tonsils or the pharynx. The mucous membrane in the throat is inflamed.
Spastic Colon	Inflammation of the mucous membrane in the intestine. The patient suffers pain caused by spasms in the muscles of the walls of the colon.
Spider bite	Most spider bites cause little or no adverse reaction. In SA bites by spiders of four genera are known to cause mild to serious effects. These include spiders with neurotoxic (can harm nerve cells) venom, e.g. the button spider and six eyed crab spider which have cytotoxins (substance which has a toxic effect on cells of certain organs).

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Spina bifida	A congenital defect in the vertebral column. It is a serious condition in which the backbone and spinal cord has a gap in it, allowing the spinal cord to pass through. Spina bifida takes two forms: A mild form, where only the bone is affected and there are no visible signs of the condition. Serious type where part of the meninges or spinal cord passes through the gap resulting in paralysis of the legs.
Spinal fusion	Surgical operation to join two vertebrae together to make the spine more rigid.
Splenectomy	Surgical removal of the spleen. This is sometimes necessary in the emergency treatment of bleeding from a ruptured spleen and in the treatment of some blood diseases. These patients must be vaccinated with pneumococcal vaccine.
Splenic Anaemia	A condition in which there is an enlargement of the spleen, anaemia, cirrhosis of the liver and obstruction of the Portal vein.
Splenomegaly	Enlargement of the spleen. Commonly occurs in malaria and other disorders caused by parasites, in infections and in blood disorders including some forms of anaemia.
Spondylitis	Stiffness in the spine and degenerative changes in the intervertebral discs, with osteoarthritis. (Common in older people.)
Sprain	Conditions in which the ligaments in a joint are stretched or torn because of sudden movement. As the ligament is not severed, it gradually heals, but this may take several months.
Stab injuries	Deep wound made by the point of a knife or similar instrument. May transmit hepatitis B or other infections if blood is present from another individual.
Stapedectomy	The surgical removal of the stapes and the attachment of an artificial replacement as treatment for otosclerosis (condition in which the patient becomes deaf).
Stem Cell (Bone marrow) Donor	A donor who has been found compatible with a patient who requires stem cell/bone marrow transplant. The donor is usually given Granulocyte Colony Stimulating Factor (G-CSF) to stimulate production of stem cells which is collected on a cell separator.
Stem Cell (Bone marrow) Transplant Recipient	Recipient of a bone marrow transplant will have tissue which is diseased or not functioning properly and this may only be corrected by a stem cell graft.
Stents	A tubular support placed temporarily inside a blood vessel, canal or duct to aid healing or relieve an obstruction.
Sterilisation	To make a person unable to have children. Sterilisation of a woman can be done by removing the ovaries or cutting the fallopian tubes. Sterilisation of a man is carried out by cutting the vas deferens (vasectomy).
Stomatitis	Inflammation of the mucous lining of the mouth.
Stress	Condition in which an outside influence changes the working of the body, especially mental or emotional stress, which can affect the hormone balance.
Stress fracture	Fracture of a bone caused by excessive force as in certain types of sport.
Stroke	Consequence of interruption to the flow of blood to specific area of brain. A stroke can vary in severity from a passing weakness or tingling in a limb to a profound paralysis, coma or death. Raised blood pressure may account for as many as 70% of all strokes.
Sturge-Weber syndrome	Dark red mark on the skin above the eye, together with similar marks inside the brain, possibly causing epileptic fits.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
Stye	Inflammation of the gland at the base of an eyelash.
Sun Spots	Dark portions of the skin that develop after prolonged exposure to direct ultraviolet (UV) rays.
Sunburn	Damage to the skin (red blisters may be present) by excessive exposure to sunlight.
Sunstroke	A serious condition caused by excessive exposure to the sun or to hot conditions. The patient is dizzy and has a very high body temperature but does not perspire.
Surgery	<p>MINOR SURGERY – any invasive operative procedure in which only skin or mucus membranes and connective tissue is resected e.g. vascular cut-down for catheter placement, implanting of pumps/patches in subcutaneous tissue, tooth extractions, biopsy, taking tissue samples or body fluids using needles. These procedures may take place in consulting rooms, wards, emergency departments (casualty), operating rooms/theatre or laboratory where appropriate aseptic technique may be used.</p> <p>MAJOR SURGERY – any invasive operative procedure in which a more extensive resection is performed, e.g. body cavity is entered, organs removed, or normal anatomy is altered. In general, if a mesenchymal barrier is opened (pleural cavity, peritoneum, meninges etc.), the surgery is considered major. These are usually performed in operating rooms since they contain equipment and supplies to support the type of procedure.</p> <p>An operation that is planned and soon to be performed.</p>
Surgical Operation pending	Awaiting a surgical procedure or operation still to be performed.
Swine Flu (H1N1)/emerging flu epidemics	Infection of the respiratory tract caused by swine influenza/H1N1 virus.
Sydenham's Chorea (St Vitus dance)	A disorder characterised by rapid, uncoordinated jerking movements primarily affecting the face, hands and feet.
Syphilis	A serious, sexually transmitted disease, curable with penicillin injections (or other appropriate antibiotic therapy) if the treatment is started early. The spirochete usually enters the body during sexual intercourse through the mucous membranes of the vagina or urethra, but they may rarely be transmitted through skin wounds or scratches.
Systemic Lupus Erythematosus (SLE)	An autoimmune disease in which the body's immune system attacks healthy tissue. It can affect the skin, joints, kidneys, brain and other organs.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
T	
Tachycardia	An increase in the heart rate above normal i.e. greater than 100 beats per minute. Tachycardia may occur normally with exercise or excitement or it may be due to illness such as fever.
Tapeworms	Infestation of the intestines with tapeworms. The various species which effect humans are taken into the body from eating meat or fish which has not been properly cooked.
Tattooing	Permanent marking of the skin by means of needles covered with ink. There may be a risk of hepatitis B transmission or other infections if shared needles or ink is re-used.
Tendon Transplant	Act of taking a tendon and grafting it into a patient to replace the tendon is not functioning properly. This could be a tendon from another part of the body or from another person.
Tendonitis	Inflammation of a tendon, especially after playing sport.
Tennis elbow	Tenderness on the outer side of the elbow joint, with pain radiating down the forearm and made worse by gripping and pulling with the hand. Caused by over use of the forearm muscles. Treatment is rest, massage and local corticosteroid injection.
Tetanus	An acute infectious disease affecting the nervous system, caused by the bacterium clostridium tetani present in soil, in street dust and in the intestines of animals.
Thalassaemia	Hereditary type of anaemia, found in Mediterranean countries, due to a defect in the production of haemoglobin.
Thoracic Outlet syndrome	A group of disorders that occur when the blood vessels in the space between the collar bone and first rib (thoracic outlet) become compressed. This can cause e.g. pain in the shoulders, neck and numbness in the fingers, etc.
Thrombocytopenia	Condition in which the patient has an abnormally low number of platelets in his blood.
Thrombocytosis	Disease in which the patient has an abnormally high number of platelets in the blood.
Thrombophlebitis	Inflammation of a vein, with the formation of a blood clot. (See phlebitis.)
Thrush	A yeast infection of the mouth or vagina usually caused by a yeast-like fungus called Candida albicans.
Thyroglossal cyst	Cyst in the front of the neck.
Thyroidectomy	Surgical operation to remove all or part of the thyroid gland.
Thyrotoxicosis	A disease due to over-activity of the thyroid gland, caused by hyperthyroidism. The heart beats faster, the thyroid gland swells, the patient trembles and the eyes protrude.
Tick-bite fever	Caused by a parasitic Rickettsial organism (See Rickettsia).
Tick bite	Bite from a tiny parasite which sucks blood from the skin.
Tinnitus	Tinnitus can sound like bells, or buzzing, or a loud roaring sound. In some cases it is caused by wax blocking the auditory canal, but it is also associated with Ménière's disease and infections of the middle ear.

# MEDICAL CONDITIONS

CONDITION	DEFINITION
Tongue Piercing	A body piercing centered on the tongue.
Tonsillectomy	Surgical removal of the tonsils.
Tonsillitis	Inflammation of the tonsils.
Tooth Extraction	The removal of teeth from the dental socket.
Tourette's syndrome	A neurological disorder characterised by repetitive, stereotyped, involuntary movements and vocalisations called tics.
Toxoplasmosis	A disease caused by the parasite, toxoplasma, which is carried by animals including pets (especially infected cats). Generally it causes little trouble, but can produce rashes and enlargement of the lymph glands. In a pregnant woman it can be passed to the foetus with serious results, e.g. encephalitis or hydrocephalus.
Tracheitis	Inflammation of the trachea due to an infection.
Transplant (Recipient/donor)	Act of taking an organ (such as the heart or kidney) or tissue (such as skin) and grafting it into a patient to replace an organ or tissue which is diseased or not functioning properly.
Transurethral Prostatectomy	Surgical removal of the prostate gland via the urethra.
Travel Outside South Africa	As a result of travel outside South Africa donors may have been exposed to diseases which require a deferral period.
Trendelenburg's operation	Operation to tie off a saphenous vein in the groin before removing varicose veins.
Tribal Circumcision	Circumcision done for tribal or cultural reasons. It is neither ritual nor medical.
Trichomonas	A sexually transmitted disease caused by a small organism called Trichomonas vaginalis.
Tropical Spastic Paraparesis	Disease due to HTLVI.
Trypanosoma cruzi	A parasite that causes Chaga's disease, a zoonotic disease that can be transmitted to humans by blood sucking triatomine bugs.
Trypanosomiasis	Several diseases in vertebrates that are caused by parasitic protozoan trypanosomes of the genus Trypanosoma
Tuberculosis contact	Household or sexual contacts of someone infected with TB.
Tuberculosis Infection	Infectious disease caused by the tuberculosis bacillus. The commonest form is infection of the lungs (Pulmonary TB) but it can also attack the bones (Pott's disease) the skin (lupus) or the lymph nodes (scrofula). TB is caught by breathing in germs or by eating contaminated food, especially unpasteurised milk. A carrier may show no signs of the disease. Tuberculosis can be cured by treatment with antibiotics and can be prevented by BCG vaccine.
Tubular Necrosis	Necrosis of the tubules as a result of ischaemia or toxins.
Tumour 5 years	Abnormal mass or growth of new cells. Could be benign or malignant.
Typhoid contact	A person who has come into contact with another that is infected with Typhoid.
Typhoid fever	A bacterial infection of the intestines caused by contaminated food or water. The bacteria are found in faeces and sometimes the urine. Poor sanitation and the action of flies spread the disease.
Typhus	A group of related infectious diseases transmitted by lice, ticks, fleas or mites. They cause fever with severe prostration, aching in the limbs and the back, rashes and often a form of pneumonia.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
U	
Ulcer	A break in the skin or in the mucous membrane lining the alimentary tract that fails to heal and is often accompanied by inflammation.
Ulcerative colitis	A chronic disease with severe pain in the colon, due to ulceration and inflammation of the colon and rectum, with diarrhoea and the passage of blood. The disease can also affect the liver and skin. The cause is not known.
Ultrasound	The very high frequency waves of ultrasound can be used to detect and record organs or growths inside the body by recording the differences in echoes sent back from different tissues. Ultrasound is used to treat some conditions such as internal bruising.
Underweight	Low weight for height. May be undernourished.
Undulant fever	See Brucellosis.
Unexplained Weight Loss	This is defined as weight loss of 10% or more for no specific reason i.e. the donor had not intentionally gone on diet or increase the level of exercise.
Upper respiratory tract infection	Infection of the upper part of the respiratory system. See sinusitis, laryngitis.
Urticaria	An acute or chronic allergic reaction in which red, round, itchy wheals develop on the skin. The cause could be sensitivity to certain foods, e.g. shellfish. May affect areas other than the skin, causing swelling of the tongue, lips needing urgent medical attention.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
V	
Vaccine Trial	A clinical trial that aims at establishing the safety and efficacy of a vaccine prior to it being licensed.
Vagotomy	The surgical cutting of any of the branches of the Vagus nerve.
Valve Lesion	A disease process involving one or more of the four valves of the heart.
Valve Replacement	A type of surgery used to replace the diseased heart valves.
Valvotomy	Incision or mechanical dilatation of heart valve.
Varicose veins	Veins, usually in the legs, which become twisted and swollen.
Vasectomy	The surgical operation to cut a vas deferens to prevent sperm travelling from the epididymis up the duct. Bilateral vasectomy is a safe method of male contraception (sterilisation).
Venereal disease	A disease passed on during sexual activity, for example, syphilis, gonorrhoea, chancroid, etc.
Viral Haemorrhagic fever	A diverse group of animal and human illnesses in which fever and haemorrhage are caused by a viral infection.
Vitiligo	A chronic skin condition characterised by portions of the skin losing their pigment.
Vomiting	To bring up partly digested food from the stomach.
Von Willebrand's disease	Hereditary bleeding disorder. Factor VIII and platelet deficiency.
VP Shunt	A shunt that is inserted to relieve intracranial pressure due to fluid accumulation in hydrocephalus. It has the potential of bacterial contamination.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
W	
Weber-Christian disease	Inflammation of the fat beneath the skin. Fever and hepato-splenomegaly may occur.
Wegener's granulomatosis	A disease predominantly affecting the nasal passages, lungs and kidneys, characterised by granuloma formation and arteritis.
Wernicke's encephalopathy	Mental confusion occurring in combination with paralysis of eye muscles, nystagmus and unsteady gait.
Wertheim's operation	Type of hysterectomy or surgical operation to remove the womb, the lymph nodes which are next to it, and most of the vagina, the ovaries and the fallopian tubes, as treatment for cancer of the uterus.
Whiplash injury	Damage to the ligaments, vertebrae, spinal cord or nerve roots in the neck region caused by sudden jerking back of the head and neck. Sudden deceleration in a motor accident is the commonest cause. Immobilisation using a special collar is the principal treatment.
Whipple's disease (Wh002)	The patient has difficulty in absorbing nutrients and passes fat in the faeces, where the joints are inflamed and the lymph glands enlarged.
Whitlow (Wh003)	An abscess or inflammation caused by infection, near the nail in the fleshy part of the tip of a finger.
Whooping cough contact	A person who has come into contact with another who has whooping cough.
Whooping cough Infection	Infectious disease caused by Bordetella Pertussis affecting the bronchial tubes. The patient coughs very badly and makes a characteristic "whoop" when breathing in after a coughing fit.
Wolf-Parkinson-White syndrome	A form of heart block.

## MEDICAL CONDITIONS

CONDITION	DEFINITION
X	
X-ray media/radio opaque contrast	An investigative procedure during which contrast media is injected into or swallowed by the patient after which a series of x-rays are taken.
Y	
Yaws	Tropical disease caused by the spirochaete <i>Treponema Pertenu</i> . Symptoms include fever with raspberry like swellings on the skin, followed in later stages by bone deformation.
Yellow fever	Infectious disease found especially in Africa and South America, caused by an arbovirus carried by the mosquito. The fever affects the liver and causes jaundice. There is no known cure for yellow fever and it can be fatal, but vaccination can prevent it.
Yuppie Flu (debilitating)	A condition that causes extreme tiredness or fatigue.
Z	
Zika virus	Zika virus is spread to people through mosquito bites. The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week and may lead to Guillain-Barré syndrome and pregnant women giving birth to babies with birth defects and poor pregnancy outcomes. Zika sexual partner inf/travel: deferral period 28 days.

## DEFINITIONS - MEDICATIONS

MEDICATION	DEFINITION
ANABOLIC STEROIDS	A steroid drug with anabolic properties, used to treat conditions involving wasting of protein and bone, such as osteoporosis. It is administered by mouth and sometimes causes nausea, water retention, and menstrual disturbances at high doses
ANAESTHETIC General Anaesthetic/Local Anaesthetic/Spinal Anaesthetic/Epidural	An agent that reduces or abolishes sensation, affecting either the whole body (general anaesthetic) or a particular region of the body (local anaesthetic). Given to a patient to remove feeling so that he/she can undergo an operation or procedure without feeling pain.
ANALGESICS e.g. Aspirin	Common pain killing drug - Acetylsalicylic acid. Aspirin can have an irritating effect on the lining of the stomach and may even cause bleeding.
ANALGESICS e.g. Methadone	Potent narcotic analgesic drug administered by mouth or injection. Used to treat heroin addiction. Digestive upsets, drowsiness, and dizziness may occur. Prolonged use may lead to dependence.
ANALGESICS e.g. Naproxen	An analgesic drug that also reduces inflammation and fever. It is used to treat rheumatoid arthritis, Ankylosing spondylitis, and gout. It is administered by mouth. Side-effects may include digestive upsets and rashes.
ANTI-AGING CREAM e.g. Tretinoin	Used by mature women to decrease wrinkles.
ANTI-ALCOHOLISM e.g. Antabuse	Used in the detoxification of excessive use of alcohol, amphetamines, barbiturates, opiates and other analgesics. For prevention, alleviation or removal of symptoms of alcohol and drug addiction. Side effects may include gastro-intestinal upsets, drowsiness, unpleasant taste, body odour, halitosis, headache, giddiness, fatigue and shortness of breath. A drug that relaxes smooth muscle, especially that of blood vessels. Can be given by inhalation, sub-lingually or intravenously.
ANTI-ANGINAL AGENTS	Used mainly in the treatment of Angina Pectoris. Rapidly absorbed and acts quickly, producing a fall in arterial blood pressure. Side effects include flushing, fainting and headaches
ANTIBIOTICS	A substance produced by, or derived from, a micro-organism that destroys or inhibits the growth of other micro-organisms. Antibiotics are used to treat infections caused by organisms that are sensitive to the usual bacteria or fungi. Some antibiotics may cause allergic reactions.
ANTI-CANCER DRUGS e.g. Methotrexate	These agents are used to treat various cancers.
ANTICOAGULANTS	An agent that prevents or slows the clotting of blood. Anticoagulants are used to prevent the formation of blood clots in blood vessels in such conditions as thrombosis and embolism. Incorrect dosage may result in haemorrhage.
ANTI-CONVULSANTS/ ANTI- EPILEPTICS	A drug that prevents, or reduces the severity of fits (convulsions) in various types of epilepsy. The choice of anticonvulsant is dictated by the type of fit and the patient's response. Some are used to treat all types of epileptic fits. Others are used specifically for petit mal or for focal and grand mal epilepsy. The dosage must be adjusted carefully as individuals vary in their response to these drugs and side effects may be troublesome.

## DEFINITIONS - MEDICATIONS

MEDICATION	DEFINITION
ANTI-DEPRESSANTS: e.g. Fluoxetine	Antidepressant drugs administered by mouth. Common side-effects include dry mouth, blurred vision, constipation, sweating, drowsiness and reduced blood pressure.
ANTI-DIABETIC AGENTS Insulin or Oral Agents	A drug that reduces the level of blood sugar. Used in the treatment of diabetes mellitus. Administered orally or by injection.
ANTI-FIBRINOLYTIC AGENTS: Cyklokapron	Drugs that inhibit fibrinolysis.
ANTI-FUNGAL AGENTS e.g. Lamisil	A drug used to treat fungal infections. Can be given orally, intravenously or applied topically.
ANTI-GOUT DRUGS e.g. Allopurinol	A drug used to treat acute attacks, prevent future attacks and reduce the risk of complications from gout.
ANTI-HYPERTENSIVE AGENTS	Drugs used to reduce high blood pressure. Side effects include headache, dizziness, palpitations, tachycardia, syncope, GI disturbances and skin rash. Combinations of drugs may be needed to obtain optimum control.
ANTI-INFLAMMATORY AGENTS (NON-STEROIDAL) e.g. Brufen	Drugs that reduce inflammation. The various groups of anti-inflammatory drugs act against one or more of the mediators that initiate or maintain inflammation. Used to relieve Osteo arthritis and rheumatoid arthritis, Ankylosing spondylitis, muscular and skeletal disorders and gout.
ANTI-MALARIA DRUGS	An antimalarial drug with effects and uses similar to those of chloroquine. It has also been used for the treatment of lupus Erythematosus, leprosy and rheumatoid arthritis. Doses used to treat malaria have almost no side effects.
ANTI-MIGRAINE AGENTS e.g. Migril	Drugs used to prevent and relieve migraine attacks. Administered by mouth or injection. Side-effects are nausea, vomiting.
ANTI-OBESITY DRUGS	Pharmacological agents that reduce or control weight.
ANTI-PANCREATITIS DRUGS: e.g. Pancreatin	Drugs used for treatment of pancreatitis
ANTI-PARKINSON'S DRUGS	Dopamine agonists that stimulate dopamine receptors directly. Used in the treatment of Parkinson's disease and restless leg syndrome
ANTI-PSYCHOTIC DRUGS Lithium Carbonate Trade names include: Camcolit	Indicated for the treatment and prophylaxis of mania and manic depressive illness. Patients on therapeutic doses of lithium may complain of fatigue and muscular weakness. Regular monitoring of plasma lithium levels is necessary. Camcolit is adjusted to keep plasma lithium level within the therapeutic range.
ANTI-RHEUMATOID AGENTS	Donors with proven rheumatoid arthritis are permanently deferred on the grounds that this disease is an auto immune disease. The above drugs are considered to have severe side affects

## DEFINITIONS - MEDICATIONS

MEDICATION	DEFINITION
ANTI-SERUM	Serum taken from an animal which has developed antibodies to bacteria, used to give temporary immunity to a disease.
ANTI-SMOKING MEDICATION	Aid to smoking cessation. Side effects include gastro intestinal disturbances, increased sweating, dry mouth and throat, burning sensation of tongue and erythema.
ANTI-TETANUS SERUM (Tetanus immunoglobulin)	Serum which protects the patient against tetanus.
ANTIVENOM (serum)	An antiserum which is used to counteract specific poisons in the venom of snakes, spiders or scorpions.
ANTI-VIRAL DRUGS AZT, 3TC.	A drug which is effective against a virus inhibits viral growth or inhibits DNA synthesis in cells infected by a specific virus.
APPETITE SUPPRESSANTS	Drugs that suppress the appetite and are used in the treatment of obesity. Administered by mouth. Side effects include insomnia, dry mouth, headache, constipation, allergic rashes or restlessness. Prolonged use may lead to dependence.
BETA BLOCKER e.g. Atenolol	A drug that prevents stimulation of the beta-adrenergic receptors of the nerves of the sympathetic nervous system and therefore decreases the activity of the heart. Beta blockers include oxyprenolol and propranolol, which are used to control abnormal heart rhythms, to treat angina, and to reduce high blood pressure, Parkinson tremors, anxiety and anxiety tachycardia as well as migraine prophylaxis. Side effects may include cold extremities, G.I disturbances, vague fatigue, vivid dreams, nightmares, malaise, impotence, hypoglycaemia, muscle weakness, skin rash and dry eyes.
Botox Injections	Botox is a purified neurotoxin complex of Botulinum toxin type A. Botox works by blocking the release of acetylcholine
CALCIUM AND BONE METABOLISM DRUGS Fosavance	Used to treat and prevent Osteoporosis in postmenopausal women. It is a selective oestrogen receptor modulator. Side effects: Venous thromboembolic events, peripheral oedema, leg cramps and teratogenic. Drug should not be taken for more than 6 months without a 3 month drug free period.
CARDIO VASCULAR AGENTS Buflomedil (Loftyl)	Loftyl acts as a peripheral vasodilator. Indications: Functional peripheral vascular disorders, livedo reticulosis due to Amantadine therapy. Contra-indications: Immediate post- partum, severe arterial bleed. Side-effects: GI disturbances, headache, vertigo, nausea, sense of fainting, skin itchiness and redness. Special precautions: Convulsion disorders, impaired renal function, children under 18 years.
CARDIO VASCULAR AGENTS Digitalis	An extract from the dried leaves of foxgloves (Digitalis species), which contains various substances; including digitoxin and digoxin, that stimulate heart muscle. Used to treat heart failure by increasing heart muscle contraction and slowing the heart rate. Administered by mouth or, in emergency, by injection. High doses can cause nausea, vomiting, loss of appetite, diarrhoea, abdominal pain, and abnormal heart activity
CARDIO VASCULAR AGENTS e.g. Diltiazem	A calcium antagonist used in the treatment of effort-associated angina and high blood pressure (hypertension). Acts as a vasodilator. Administered by mouth. Side-effects include oedema, headache, nausea, dizziness, and skin rash.

## DEFINITIONS - MEDICATIONS

MEDICATION	DEFINITION
CHEMOTHERAPY	A type of cancer treatment that uses chemical drugs to destroy cancer cells.
CHOLESTEROL LOWERING AGENTS	Drugs that reduce the levels of blood lipids, including cholesterol. Used to treat atherosclerosis and angina. Administered by mouth. Side-effects can include stomach discomfort, nausea and diarrhoea.
CORTICOSTEROIDS	Corticosteroids are used mainly to treat deficiency of corticosteroid hormones in Addison's disease and following surgical removal of the Adrenal glands. Cortisol is used by the body to maintain blood pressure, connective tissue and to break down carbohydrates. It also reduces the body's immune response to infection. Synthetic cortisone is used in the treatment of arthritis, rheumatic and other inflammatory conditions, asthma, severe allergies and skin disorders, and in severe shock. Can have powerful side-effects on some patients such as stomach ulcers and bleeding, nervous and hormone disturbances, muscle and bone damage and eye changes. Administered by mouth or injection. Corticosteroids are present in many creams and ointments used to treat eczema, psoriasis and dermatitis.
CREATINE	A complex of amino acids used as a body building supplement.
DERMATOLOGICAL DRUGS/ AGENTS	Drugs that may be taken orally or applied directly on the skin to treat skin conditions.
DESENSITIZING INJECTIONS	Method for reducing the effects of a known allergen by injecting over a period gradually increasing doses of the allergen until resistance is built up.
DEFERIRIOXAMINE e.g. Desferral	A drug that combines with iron in body tissues and fluids and is used to treat iron poisoning (including that resulting from prolonged or constant blood transfusion, as for Thalassaemia), diseases involving iron storage in parts of the body (see Haemochromatosis), and for the diagnosis of such diseases. It is administered by mouth, injection, or as eye drops; reactions and pain sometimes occur on injection.
DIURETICS e.g. Lasix	Drugs used in the treatment of conditions involving retention of fluid, such as congestive heart failure, hypertension, oedema and obesity. The drug increases the volume of urine produced by promoting the excretion of salts and water from the kidney. Treatment with diuretics often results in potassium deficiency. Some mild diuretics are used to reduce the pressure within the eyeball in glaucoma. Diuretics are also used in conjunction with other drugs in the treatment of high blood pressure
HAEMORRHOID INJECTION	Injection used for treatment of piles.
HORMONAL IMPLANTS	A type of birth control in the shape of a tiny tube that is placed under the skin of a woman's upper arm.
HORMONAL PREPARATIONS - Growth Hormone	A hormone secreted by the pituitary gland.

## DEFINITIONS - MEDICATIONS

MEDICATION	DEFINITION
HORMONAL PREPARATIONS - PITUITARY INHIBITORS Danazol (Ladazol), Gestrinone	Indications: Females: Endometriosis, severe cyclic breast pain and nodular breasts. Males and female: Hereditary angio-neurotic oedema Contra-indications: Pregnancy Side-effects: Androgen effect especially at high doses, skin rash, muscle cramps, testicular atrophy, haematuria, dizziness, headache, nervousness, emotional lability, backache, hair loss, CPK levels elevated.
HORMONAL PREPARATIONS Clomiphene	Synthetic nonsteroidal compound that induces ovulation and subsequent menstruation in women who fail to ovulate. It is used in the treatment of infertility.
HORMONAL PREPARATIONS Gonadotrophin Releasing Hormone Analogue	Zoladex is suitable for hormone manipulation in cases of cancer of the prostate and advanced metastatic breast cancer. It may be used in gynaecological cases such as endometriosis or to reduce fibroid uterus prior to surgery.
HORMONAL PREPARATIONS Hormonal contraceptives	Prevent retention of fertilised in uterus thus preventing pregnancy.
HORMONAL PREPARATIONS Hormone inhibitors Finasteride (Proscar), (Propecia), Dutasteride (Avodart)	Proscar - Used for the treatment of benign prostatic hypertrophy. (BPH) Propecia - Temporarily delays further hair loss and increases hair density in the vertex and anterior mid scalp area in men between 18 and 41 years with early signs of androgenic alopecia (hair loss). Avodart (Dutasteride) - used to treat BPH. Tamoxifen - for palliative treatment of Ca. Breast.
HORMONAL PREPARATIONS Hormone replacement therapy	Used in the treatment of postmenopausal women, by relieving symptoms, such as hot flushes, insomnia and depression. There is increasing evidence that post-menopausal oestrogen therapy reduces the risk of ischaemic heart disease. It is also used as a prophylaxis to prevent osteoporosis.
IMMUNIZATIONS IMMUNISATIONS, VACCINATIONS	The production of immunity by artificial means. Passive immunity, which is temporary, may be conferred by the injection of an antiserum, but the production of active immunity calls for the use of treated antigens, to stimulate the body to produce its own antibodies. This is the procedure of vaccination (also called inoculation). Immunizations and Vaccinations. Vaccines with killed bacteria; inactivated viruses; toxoids - accept if well and afebrile. Live attenuated vaccines: deferral for 4 weeks.

## DEFINITIONS - MEDICATIONS

MEDICATION	DEFINITION
IMMUNOGLOBULIN/ GAMMAGLOBULIN IMMUNOSUPPRESSIVE DRUGS	One of a group of structurally related proteins (gamma globulins) that act as antibodies. Several classes of Ig with different functions are distinguished - IgA, IgD, IgE, IgG and IgM. They can be separated by immunoelectrophoresis. Reduce the body's resistance to infection and other foreign bodies by suppressing the immune system. Immunosuppressives are used to maintain the survival of organ and tissue transplants and to treat various autoimmune diseases, including rheumatoid arthritis. Cyclosporin A is the immunosuppressive usually used in organ transplant recipients.
IODINE, radio-active	Used in the diagnosis and treatment of problems of the thyroid gland.
MOOD STABILIZERS	Anti-convulsants are used as mood stabilisers. Although the condition for which these drugs are used may be acceptable due to teratogenicity the drug is not acceptable.
MUSCULO-SKELETAL AGENTS e.g. Gold	Any of several compounds of the metal gold, used in the treatment of rheumatoid arthritis. It is administered by injection. Common side-effects include mouth ulcers, itching, blood disorders, skin reactions and inflammation of the colon and kidneys.
PLATELET AGGREGATION INHIBITORS	Prevents/inhibits platelet aggregation and reduces atherosclerotic events in patients with a history of atherosclerotic disease.
PLATELET DRUGS WITH ADVERSE EFFECT	The function disturbances of platelets by certain drugs need to be taken into consideration when collecting platelets. Salicylates and salicylate containing drugs have an irreversible effect on the platelet aggregation, therefore donors who have taken these drugs need to be deferred from platelet donation for 7 DAYS.
PROSTAGLANDINS e.g. CYTOTEC	Non-steroidal Anti-inflammatory Drugs (NSAID) have a lesser effect and therefore donors are deferred for 3 days. A synthetic prostaglandin analogue used to inhibit gastric acid secretions.
RADIATION THERAPY	Therapy using ionizing radiation, generally as part of cancer treatment to control or kill malignant cells. May be curative in a number of types are localised to one area of the body.
RECREATIONAL DRUGS (IV, DAGGA, HEROIN, COCAINE)	Mind-altering chemical substances that are used for non-medicinal, leisure purposes (i.e. taking a substance for the sole purpose of getting "high").
RESPIRATORY DRUGS Aminophylline, Theophylline	A drug that relaxes smooth muscles and stimulates respiration. It is widely used to dilate the air passages in the treatment of asthma and emphysema. Also; to dilate the coronary arteries in angina pectoris. May be used as a diuretic, particularly in cases of oedema. Administered by injection or in suppositories. Side effects include nausea, vomiting, dizziness and fast heart rate.
RESPIRATORY DRUGS Anti-Asthmatics/Ephedrine	A drug that suppresses coughing. Some analgesic drugs also have antitussive activity, e.g. codeine and diamorphine.
RESPIRATORY DRUGS (Antitussive)	A combination of drugs used to prevent, relieve or treat respiratory diseases.

## DEFINITIONS - MEDICATIONS

MEDICATION	DEFINITION
TERATOGENIC DRUGS (See codes below)	These are drugs which may cause abnormalities to the foetus whilst in utero. If a donor has received any of the drugs listed below, a waiting period of 28 times the plasma half-life is required - see list below.
TETANUS TOXOID (Vaccine)	Tetanus vaccine.
THYROID HORMONE Thyroxin Trade names include: Diotroxin,	One of the hormones synthesized and secreted by the thyroid gland. Thyroxin can be administered by mouth to treat under activity of the thyroid gland. Side- effects include Angina, palpitations, skeletal and muscular cramps.
THYROID SUPPRESSOR e.g. Carbimazole	A drug used to reduce the production of thyroid hormones in cases of over activity of the gland (thyrotoxicosis). It is administered by mouth; some allergic reactions may occur and high dosages may cause enlargement of the thyroid gland, which may obstruct the windpipe.
TRANQUILLIZER	A drug that produces a calming effect, relieving anxiety and tension. Major tranquillizers, such as the phenothiazines are used to treat severe mental disorders (psychoses), including schizophrenia and mania. Minor tranquillizers, such as the benzodiazepines and meprobamate are used to treat neuroses and to relieve anxiety and tension due to various causes. Some drowsiness and dizziness are side-effects of most tranquillizers and abnormal muscle action and movements sometimes occur with major tranquillizers at high doses.
VACCINES	A special preparation of antigenic material that can be used to stimulate the development of antibodies, thus conferring active immunity against specific disease/s.
VITAMINS, TONICS and MINERALS Ferrous sulphate	Ferrous Sulphate is an iron salt administered by mouth to treat or prevent iron-deficiency anaemia. There are few serious side-effects; stomach upsets and diarrhoea may be prevented by taking the drug with meals.

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