

WHAT TO KNOW BEFORE A BLOOD DONATION



For NON-EUROPEAN citizens a continuous residency in Italy of at least 2 years is required.

For NON-ITALIAN candidates, please note that it's NECESSARY to have good knowledge of the Italian language and have valid documents, not expired, to be shown to the doctor: residence permit / Green card - ID card / passport and health insurance card.

KNOWLEDGE OF WRITTEN AND SPOKEN ITALIAN IS INDISPENSABLE!

BASIC REQUIREMENTS

- Weight: not less than 50 kg regardless of height or constitution
- Must not have taken any medicine **in the last week** (painkillers and aspirin), and musn't have taken in the last **two weeks** any antibiotics or antibacterials. Can regularly take vitamins and birth control pill. Do not take pressure therapy on the morning of the donation but take it with you. Finasteride and Dutasteride for prostate problems: 1 month from the last use
- Does not currently have a Period (it is recommended to allow at least 1 week to elapse from the end of the Period)
- Have not done any tattoos, acupuncture, no ear piercing or other piercings in the last 4 months
- Have not travelled or stayed in tropical or malarial areas in the last 6 months; 1 month if non-European countries
- **Stable sexual relations with the same partner for at least 4 months (or none)**
- Never have had Hepatitis B or C, syphilis, unsafe sexual practices at risk of sexually transmitted diseases and use of drugs or steroids and hormones for sporting purposes
- Age between 18 and 60 for the first donation. If already a donor, can exceed the limit of 69 years according, of course, to the state of health and cardiological evaluation with at least 1 blood donation done.
- Do not suffer from chronic diseases (diabetes, autoimmune diseases involving multiple organs, malignant tumors, epilepsy, etc.)
- NO Cohabitation with positive subjects for Hepatitis B, C, or HIV (AIDS), even occasionally; Hepatitis A infections are to be re-evaluated after 6 months from clinical recovery and examinations
- Have not suffered from any illness in the last two weeks, even if mild (flu, bronchitis, pneumonia, cold sores)
- Continued use of antidepressants requires a 30-day suspension from last use, ALSO OF BENZODIAZEPINES FOR INSOMNIA
- Must not have gone in surgery in the last 4 months (however it is always necessary to show the doctor discharge summary and / or medical records). Small surgeries under local anesthesia are re-evaluated by the Doctor
- Have not gone in ODONTOIATRIC CARE for: 48 hours in case of tartar cleaning also with local anesthesia; for at least 1 week in case of extraction (15 days in case of antibiotics), devitalization and tartar removal; 1 month for implantology; for bone grafting 4 months of suspension are required (bring documentation).
- Examinations with contrasting method: suspension for 15 days, bringing documentation
- Not having gone into endoscopic examinations in the last 4 months (gastroscopy, colonoscopy, arthroscopy, etc.); however, it is necessary to bring the clinical outcome before the blood donation
- Have not resided in the United Kingdom for more than 6 months (in the TOTAL of stays) from 1980 to 1996 and have not been transfused in the United Kingdom
- Has not stayed in the US or Canada in the last 28 days
- Have not given birth or had an abortion in the last 12 months. If the abortion occurred in the first quarter, 6 months of suspension are required

- Have not trained or done sport in the 24 hours before and / or following the withdrawal. It is not recommended to undertake long trips after the donation
- Do not suffer from Leprosy - Babebiosis - Leishmaniasis - Q fever - Trypanosomiasis
- Do not suffer from heart disease - coronary artery disease, angina pectoris, severe arrhythmia, etc.
- Do not suffer from chronic nephropathy (Glomerulonephritis, Pielonefrite)
- Do not suffer from widespread skin diseases - chronic allergic diseases
- Do not suffer from clinically active gastroduodenal ulcer, have not undergone gastrectomy
- Do not suffer from hereditary or acquired blood diseases (and in any case according to the Doctor's evaluation). Bring documentation
- Do not suffer from degenerative or hereditary nervous system diseases, Creutzfeldt-Jakob disease, dementia, or other mental illnesses
- Alcoholism
- Cornea / dura mater or xenografts transplants
- Have not been accidentally exposed to blood or blood contaminated equipment in the last 4 months
- Do not suffer from Lyme disease (Lyme arthritis) and in any case wait 12 months after healing; bring documentation of the healing
- Do not suffer from Mononucleosis and Cytomegalovirus infection in any case wait 6 months after healing; bring documentation
- Do not suffer from Toxoplasmosis and in any case wait 2 years after healing; bring documentation
- In case of drug allergy, especially penicillin, wait 1 year after the last exposure
- Wait 2 years after definitive healing from: Tuberculosis - Osteomyelitis - Brucellosis Acute articular rheumatism; bring documentation of the healing
- Wait 5 years after definitive healing from acute Glomerulonephritis; bring documentation of the healing
- 1 year suspension from anti-rabies vaccination, if done after bite of infected animal
- Other types of vaccinations: variable suspension period from 48 hours to 4 weeks depending on the type

Bring any prior medical documentation (medical records for previous operations, any past blood tests or procedures)

HOW TO ACT ON THE DONATION DAY:

Light breakfast with tea, coffee, fruit juices or low-sugar squeezed juices, some biscuits. NO milk and dairy products, NO croissant and sweets, NO jam, NO honey.

DO NOT PRESENT COMPLETELY FASTING. IT'S POSSIBLE TO HAVE A SNAK, UNSWEETENED, IN THE MIDDLE OF THE MORNING.

After donation, don't do intense sporting activity or particularly heavy work. Take lots of liquids (non-alcoholic): it is not necessary to eat more than usual, in fact a light and easily digestible dinner is preferable.

To book donations or examinations, at the Largo Volontari del Sangue office, the U.R.M. in Via Murialdo and the Niguarda Hospital (North Block Sector "A"): Monday to Friday from 9.30 a.m. to 6.00 p.m. - tel. 02/70635020 (Donor Service Office - choice "1") - mail: servizio.donatori@avismi.it
 AVIS Milano: www.avismi.it Info Sanitarie: laura.galastri@avismi.it

The Medical Director
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