

Important information for female blood and platelet donors between 17 and 19 years old.

On 13 February 2012 our guidelines are changing for female donors aged 17–19 years.

What is changing?

New donation guidelines are being introduced which include donation restrictions for some female donors who are under 20 years old and are either under 5ft 6"/168cm or under 10st 3lb/65kg in weight. Female donors aged 17 to 19 years old whose height and weight DO NOT meet the new guidelines are no longer able to donate.

Why is this changing?

New donation research and medical evidence has shown that based on height and weight, young female donors of smaller build as indicated in the chart overleaf are at an increased risk of fainting following blood donation.

Does the change apply to me if I have already given a problem free donation?

Yes, this change applies to new and existing donors, it is a national guideline which is being introduced by all UK services. We understand that this may be very disappointing for our donors who will not be able to donate.

How can I check whether this applies to me?

The chart on the reverse of this information leaflet has a white area and a grey area, if when matching your height with your weight, the colour of the box the two figures meet at is grey,

you will be unable to donate, if your weight and height meet in a white box this restriction does not apply to you and you can donate.

Will I be able to come back in the future?

Yes, this is a short term suspension and only applies to female donors who are aged 17 to 19 years and do not meet the weight and height criteria. If your weight increases to meet our criteria before your 20th birthday or once you have reached your 20th birthday you can come back to donate again. We highly value all of our donors and whilst we appreciate that if you are not able to donate until your 20th birthday that this may be very disappointing for you, we hope that you will come back to support us again in the future.

I am still not sure if this applies to me?

If you are still not sure whether you can donate please either visit our website on welshblood.org.uk or call us on 0800 252266



Welsh Blood Service
0800 252266
welshblood.org.uk

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