

CRITERIA FOR DONATING BLOOD

Criteria for donating blood at the local hospitals:

1. You must be between the ages of 18 and 65. You are generally ineligible when you become 66. In a life or death situation, the doctor in charge of the patient may override this restriction. Send us your information even if you are over 65.
2. You must be in the country of Panama for a continuous 3 months. Sometimes we can get this reduced to 30 days.
3. You may not give blood if you are allergic to penicillin.
4. Men can only give blood every three months; women every four months. The difference is because men usually have a higher hematocrit than women.
5. An active infection or any infection in the last 10 days, including dental, will disqualify you.
6. A history of the following diseases will disqualify you: TB, malaria, sexually transmitted diseases, HIV/AIDS, hepatitis of any kind, Chagas Disease, Yellow Fever, sickle cell anemia and diabetes. **** CMV and mononucleosis are acceptable, if not recent.
7. You must have normal blood pressure. Blood pressure medications are acceptable if your blood pressure is normal when screening in the ER. If your blood pressure drops below normal when you give blood, you cannot give again.
8. You must weigh more than 55 kilos (approximately 120 pounds).
9. IV drug users are ineligible.
10. You may be rejected for having too many tattoos. If your tattoos are over 1 year old, you can usually donate.

Drink fluids before you go. Stop and get something to drink after you have donated to replace the fluid volume.

Risky behaviors for hepatitis and HIV: There is a window of time between the time of exposure to a disease and the time that antibodies will show up in a lab test. Risky behaviors include IV drug use, men having sex with men, any unprotected sex with a man who has had unprotected sex with another man, prostitution, any unprotected sex, or sex with a prostitute. If you have engaged in these or any risky behaviors, please self-select off the list. You may ask the coordinators questions about this if you wish.

TO BECOME A BLOOD DONOR

If you meet the criteria, send your name, phone number, and blood type to WhatsApp

6590-2000 or blood@boquetehealth.org Thank you for becoming a blood donor!

TO REQUEST BLOOD DONORS

To request blood donors, or ask questions, please call/text WhatsApp: 6590-2000 or email blood@boquetehealth.org