

Causes for temporary deferral



ABNORMAL HEART RATE

A normal heart rate has been defined as between 50 and 100 beats per minute

The following suggestions and recommendations may be helpful:

- Exercise daily
- Avoid exertion prior to donation
- Eat a balanced and nutritious diet
- Rest at least 7 to 9 hours each night
- Refrain from drinking alcohol and/or caffeine
- Discontinue cigarette smoking and never smoke prior to donation
- Drink 4 to 6 (8 oz) glasses of water each day
- Avoid dehydration



PROTEIN IN THE URINE

Protein in the urine is a cause for temporary deferral

The following suggestions may help reduce the detectable protein levels:

- Limit any vigorous exercise for 24 hours prior to donation
- Avoid standing on your feet for long periods of time on the day you plan to donate
- Avoid exposure to temperature extremes
- Avoid excessive intake of high protein food supplements
- Eat a good, balanced meal
- BE SURE to drink at least 4 to 6 (8 oz) glasses of water



GLUCOSE IN THE URINE

Glucose (sugar) in the urine is a cause for temporary deferral

The following suggestions may help reduce the detectable glucose levels in the urine:

- Avoid very large meals prior to your donation
- Avoid excessive intake of high carbohydrate and sugary foods for 48 hours prior to donation
- Avoid consuming high doses of vitamin C or aspirin
- Avoid urine testing if you are ill or recently finished antibiotics
- BE SURE to drink at least 4 to 6 (8 oz) glasses of water



ELEVATED BODY TEMPERATURE

Body temperature can vary depending on many factors.

A raised temperature is not always a fever. For example, the temperature of a healthy person rises when she or he exercises.



HIGH BLOOD PRESSURE READINGS

High blood pressure readings are a cause for temporary deferral

The following suggestions and recommendations may be helpful:

- Limit the amount of salt used in your cooking and on your food
- Avoid alcoholic beverages of all types within 24 hours of your donation
- DO NOT use tobacco products
- Be aware that stress (physical and mental) may also be an aggravating factor that causes high blood pressure readings

If you have multiple deferrals, you will be deferred until the center's physician evaluates your case and determines any further steps. In some cases you would need to see your personal physician for further evaluation.

We recommend the following as keys to a successful donation.

 <h2>DRINK 4-6 GLASSES</h2> <p>of water, fruit juice, milk or another caffeine-free liquid</p>	 <h2>SLEEP WELL</h2> <p>A good rule of thumb is to have a minimum of 6 to 8 hours of sleep the night before donating</p>	 <h2>EAT A MEAL</h2>
<p>Avoid caffeinated beverages as they dehydrate the body</p> <p>Avoid any type of alcoholic drink for 24 hours before you donate</p>		<p>Avoid excessive fats</p> <p>AVOID the following foods for 12 hours prior to donation: high-fat meats; fried, greasy or fast foods; e.g. pizza, potato chips, fried chicken, french fries</p>

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High Hematocrit

(Hematocrit measures the percentage of blood cells in whole blood; estimates the percentage of red blood cells in your body)

Dehydration is the most common of the reversible causes of high hematocrit.

If your hematocrit is high due to dehydration, the following may help improve your test results:

- Drink 4 to 6 (8 oz) glasses of water, fruit juice or other caffeine-free liquid at least 2 to 3 hours before donation
- **Avoid all alcoholic beverages for 24 hours before you donate**



High Total Protein

Dehydration is the most common of the reversible causes of high protein levels.

- Try to drink plenty of non-caffeinated, non-alcoholic beverages. Examples: Water, milk, juices, caffeine-free drinks
- **Avoid Coffee, tea, caffeinated sodas, alcoholic drinks**



Low Total Protein

Nutritional deficiency is the most common of the reversible causes of low protein levels. A balanced diet with a focus on high protein foods is essential.

- The best sources of protein are eggs, meat, poultry, fish, beans, nuts, cheese and milk.
- Examples: Meat, poultry (chicken, turkey, duck), eggs, fish or cheese, milk (whole, skim or 1%), tofu, soy milk, most beans (black, pinto, lentils, etc), peanut butter, almonds, peanuts, 1 slice of bread or ½ cup of potatoes



Low Hematocrit (anemia)

A low hematocrit may occur for many reasons; iron deficiency is one of the most common causes. Malnutrition causing vitamin deficiency, or heavy menstrual bleeding are other common causes.

- A daily multivitamin, balanced diet and reduced alcohol intake could help resolve anemia in certain individuals



Lipemic Plasma

Lipemic plasma is most commonly seen after a meal high in fat.

- To avoid dietary-induced high lipid levels, avoid high-fat foods.
- It is important that you eat a balanced meal.
- Examples: Lean cuts of beef, chicken, fruit, nuts, oatmeal, pasta, peanut butter, vegetables

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