



Common Myths

- 💧 I take medication. Can I donate?
 - Most medications are acceptable, including all common blood pressure meds. If antibiotics were received, donors will need to wait 1 day after their last dose.
 - If you take blood thinners, propecia/proscar, Avodart, Accutane you are unable to donate.
 - Check the medication deferral list online for complete list.
- 💧 I smoke. Can I donate?
 - Yes you can.
- 💧 I have a tattoo. Can I donate?
 - Yes, if the donor got their tattoo from a state-regulated tattoo shop. (Hawaii is a regulated state). Donors are allowed to donate without any wait time.
- 💧 I have piercings/brandings. Can I donate?
 - Professionally done ear or body piercings/brandings using sterile techniques (new jewelry or the gun method).
 - Non-professional is a 1 year wait.
- 💧 I had cancer. Can I donate?
 - Donor needs to be 1 year cancer free then they are eligible.
 - Cannot if been diagnosed with leukemia or lymphoma.
- 💧 If I am diabetic or have high-blood pressure. Can I donate?
 - If the donor has it under control (even through medication) they are able to donate.
 - Only if the donor takes some sort of blood thinner are they not allowed.
- 💧 I had a cold. Can I donate?
 - Donor needs to be in good health and symptom free for 72 hours.
- 💧 I had a vaccination. Can I donate?
 - Flu vaccine can (nasal type like “FluMist” need to wait 1 month).
 - MMR vaccination need to wait 28 days.
- 💧 I have an autoimmune disorder. Can I donate?
 - Yes if you have no symptoms
 - No if you are not feeling well or have symptoms.

Even if you can't donate, you can help save lives

We understand you may be disappointed if you aren't eligible to donate blood, whether the deferral period is temporary or permanent. Learn more about common reasons for and lengths of deferral. Even if you're deferred, you can still help save lives. We encourage you to support Hawaii's patients and the need for blood in any of the following ways:

- Volunteer** – get started by completing an application
- Host a blood drive** – learn more about Lifesavers Clubs
- Recruit** – an eligible donor to give blood on your behalf

