



# A few SELECTION CRITERIA

To read before you register

PLASMA DONATION,  
A PRECIOUS GIFT.



CRITERIA	CAN I GIVE PLASMA?
ACUPUNCTURE	✓ Only if done with single-use needles. <b>OTHERWISE</b> , you must wait 3 months.
AGE	✓ If you are 18 years old and older.
ALLERGIES	✓ If you feel well, even if you were given an allergy injection.
BODY PIERCING/TATTOOS	✓ If done over 3 months ago.
CANCER	<p>✓ If it is a skin cancer (basal or squamous cell carcinoma) or a uterine cervical cancer in situ, as long as it has been successfully treated.</p> <p>✗ For any other type of cancer: consult with Héma-Québec staff.</p>
CHILD BIRTH BREASTFEEDING PREGNANCY	<p>✓ If birth occurred more than 6 months ago.</p> <p>✓ If you are breastfeeding, provided birth occurred more than 6 months ago.</p> <p>✗ If you are pregnant.</p>
CHOLESTEROL	✓ No restrictions.
COLD	✓ If you feel well and do not have any fever.
DENTIST	<p>✓ If whitening or impression.</p> <p>✓ The day after a filling (restoration), cleaning or orthodontics.</p> <p>✓ 3 days after an extraction, surgery, root canal, crown, root planing, gum autograft or implant.</p>
DIABETES	<p>✓ If resolved or controlled by diet or oral medication.</p> <p><b>IF TREATED WITH INSULINE</b>: consult with Héma-Québec staff.</p>
DRUGS	✗ If intravenous, even once.
ELECTROLYSIS	✓ Only if done with single-use or personal use needles. <b>OTHERWISE</b> , you must wait 3 months.
HIGH-RISK SEXUAL BEHAVIOUR	✗ If you have had anal sex with a new partner or with multiple partners in the past three months.
MEDICATIONS	➔ Make sure to know the name of your medications.
OSTEOPOROSIS	✗ If you have osteoporosis: consult with Héma-Québec staff.
SORE THROAT	✗ Until symptoms disappear and, if you take antibiotics, until the antibiotic treatment is finished.
TRIPS (MALARIA)	✓ The malaria criterion does not apply to apheresis plasma donations intended for manufacturing solutions based on plasma proteins.
VACCINATION	<p>✓ If you have been vaccinated against influenza (or flu) or COVID-19.</p> <p><b>OTHER VACCINES</b>: consult with Héma-Québec staff.</p>



## MINIMUM WEIGHT REQUIREMENT BASED ON HEIGHT

You cannot give blood if you weigh less than 50 kg (110 lb), regardless of your height. Refer to the charts below for the minimum weight requirement for your height.

### WOMEN

METRIC UNITS		IMPERIAL UNITS	
147 cm	67 kg	4 ft 9 in	150 lb
148 cm	66 kg		
149 cm	65 kg		
150 cm	64 kg	4 ft 10 in	146 lb
151 cm	64 kg	4 ft 11 in	142 lb
152 cm	63 kg		
153 cm	62 kg		
154 cm	61 kg	5 ft	138 lb
155 cm	61 kg	5 ft 1 in	133 lb
156 cm	60 kg		
157 cm	59 kg		
158 cm	58 kg	5 ft 2 in	129 lb
159 cm	57 kg		
160 cm	57 kg		
161 cm	56 kg	5 ft 3 in	124 lb
162 cm	55 kg	5 ft 4 in	120 lb
163 cm	54 kg		
164 cm	53 kg		
165 cm	52 kg	5 ft 5 in	115 lb
166 cm	52 kg	5 ft 6 in or more	110 lb
167 cm	51 kg		
168 cm or more	50 kg		

Ineligible to donate if less than 50 kg, regardless of height

Ineligible to donate if less than 110 lb, regardless of height

### MEN

METRIC UNITS		IMPERIAL UNITS	
147 cm	54 kg	4 ft 9 in	123 lb
148 cm	54 kg		
149 cm	53 kg		
150 cm	52 kg	4 ft 10 in	118 lb
151 cm	51 kg	4 ft 11 in	114 lb
152 cm or more	50 kg	5 ft or more	110 lb

Ineligible to donate if less than 50 kg, regardless of height

Ineligible to donate if less than 110 lb, regardless of height

### EXAMPLES



#### WOMEN

**Metric units:**  
If you are 168 cm tall or more, you must weigh at least 50 kg.

**Imperial units:**  
If you are 5 ft 6 in tall or more, you must weigh at least 110 lb.



#### MEN

**Metric units:**  
If you are 152 cm tall or more, you must weigh at least 50 kg.

**Imperial units:**  
If you are 5 ft tall or more, you must weigh at least 110 lb.