



A few  
**SELECTION CRITERIA**  
To read before you register

**PLASMA DONATION,  
A PRECIOUS GIFT.**



| CRITERIA  | CAN I GIVE PLASMA?   |
|---|--|
| <b>ACUPUNCTURE</b>                                | ✓ Only if done with single-use needles. <b>OTHERWISE</b> , you must wait 3 months.   |
| <b>AGE</b>  | ✓ If you are 18 years old and older.   |
| <b>ALLERGIES</b>                                  | ✓ If you feel well, even if you were given an allergy injection.   |
| <b>BODY PIERCING/TATTOOS</b>                      | ✓ If done over 3 months ago.   |
| <b>CANCER</b>                                     | <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> |
| <b>CHILDBIRTH<br/>BREASTFEEDING<br/>PREGNANCY</b> | <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>  |
| <b>CHOLESTEROL</b>                                | ✓ No restrictions.   |
| <b>COLD</b>                                       | ✓ If you feel well and do not have any fever.  |
| <b>DENTIST</b>                                    | <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>      |
| <b>DIABETES</b>                                   | <p>✓ If resolved or controlled by diet or oral drug.<br/><b>IF TREATED WITH INSULINE</b>: consult with Héma-Québec staff.</p>  |
| <b>DRUGS</b>                                      | ✗ If intravenous, even once.   |
| <b>ELECTROLYSIS</b>                               | ✓ Only if done with single-use or personal use needles. <b>OTHERWISE</b> , you must wait 3 months.   |
| <b>MAN who had sex with a man</b>                 | ✗ If last sexual contact was less than 3 months ago.   |
| <b>MEDICATIONS</b>                                | ➔ Make sure to know the name of your medications.  |
| <b>OSTEOPOROSIS</b>                               | ✗ If you have osteoporosis: consult with Héma-Québec staff.  |
| <b>SORE THROAT</b>                                | ✗ Until symptoms disappear and, if you take antibiotics, until the antibiotic treatment is finished.   |
| <b>TRIPS (MALARIA)</b>                            | ✓ The malaria criterion does not apply to apheresis plasma donations intended for manufacturing solutions based on plasma proteins.  |
| <b>VACCINATION</b>                                | ✓ If you have been vaccinated against influenza (or flu). <b>OTHER VACCINES</b> : consult with Héma-Québec staff.  |



## RISK FOR THE VARIANT CREUTZFELDT-JAKOB

 If you stayed:

|   |                               |                               |
|---|-------------------------------|-------------------------------|
| In <b>UNITED-KINGDOM</b>  | 3 months or more (cumulative) | From 01-01-1980 to 31-12-1996 |
| In <b>FRANCE</b>  | 3 months or more (cumulative) | From 01-01-1980 to 31-12-1996 |
| In <b>WESTERN EUROPE</b><br>Austria, Belgium, Denmark, Germany, Gibraltar, Italy, Liechtenstein, Luxembourg, Netherlands, Portugal, Republic of Ireland, Spain and Switzerland. | 5 years or more (cumulative)  | From 01-01-1980 to 31-12-2007 |
| In <b>SAUDI ARABIA</b>  | 6 months or more (cumulative) | From 01-01-1980 to 31-12-1996 |

## 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 | 5 ft 3 in         | 124 lb |
| 160 cm         | 57 kg |                   |        |
| 161 cm         | 56 kg |                   |        |
| 162 cm         | 55 kg | 5 ft 4 in         | 120 lb |
| 163 cm         | 54 kg | 5 ft 5 in         | 115 lb |
| 164 cm         | 53 kg |                   |        |
| 165 cm         | 52 kg |                   |        |
| 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 | 4 ft 10 in     | 118 lb |
| 150 cm         | 52 kg | 4 ft 11 in     | 114 lb |
| 151 cm         | 51 kg |                |        |
| 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.