

# Infection prevention and Blood donation

**Please inform  
the Blood Bank  
of any event that  
may render any prior  
donation unsuitable  
for transfusion**

**Please read  
the following  
information  
carefully at  
every visit**

**For further  
information please  
contact a nurse  
or a doctor at the  
Blood Bank**



Reykjavík - Kringlan  
Tel. +354 543 5500  
Akureyri - Glerártorg  
Tel. +354 543 5560

<https://island.is/s/blodbankinn>

## DO NOT DONATE IF:

1. You have received a transplant:
  - a. with animal tissue (xenotransplant)
  - b. with human tissue: cornea, dura mater or pituitary gland hormones (e.g. growth hormone).
2. You have a close relative who developed Creutzfeldt-Jakob Disease or other transmissible spongiform encephalopathy.
3. You are or may be HIV, syphilis, HTLV or hepatitis B or C positive.
4. You have injected yourself with medicine or drugs, including bodybuilding drugs, without a physician's prescription, even if only once.
5. You are a male and have had sexual contact with another male.
6. You have received money or drugs for sex.
7. You have had any of the following infectious diseases: Chagas, Babesiosis or Kala-Azar.

**You may withdraw from donating blood at any time without giving a reason.**

## BLOOD DONATION WILL BE DEFERRED AT LEAST 12 MONTHS IF:

- 🔴 You have had sexual contact with a person who is HIV, syphilis, HTLV, hepatitis B or C positive.
- 🔴 You have had sexual contact with a person who has even only once:
  - a. received money or drugs for sex
  - b. injected him-/herself with medicine or drugs, including bodybuilding drugs without a physician's prescription.
- 🔴 You are a woman and have had a sexual contact with a male who has had sexual contact with another male.
- 🔴 You have been raped.

**ATT** There are certain rules if you have had sexual contact with a person who is infected with syphilis. Please ask the Bloodbank nurses for further information.

## BLOOD DONATION WILL BE DEFERRED AT LEAST 4 MONTHS IF:

- 🔴 You have been in close household contact with anyone infected with hepatitis B.
- 🔴 You have had an endoscopy with flexible instruments i.e. gastro-/colonoscopy.
- 🔴 You have had a tattoo, or any other body piercing i.e. electrolysis or semi-permanent make-up.
- 🔴 You have had an acupuncture treatment not performed by a doctor, nurse, midwife or physiotherapist.

- 🔴 You have had an accidental injury involving a needle and/or mucus membrane exposure to body fluids.
- 🔴 You have had a blood transfusion or human tissue graft other than: corneal, dura mater or growth hormone.

## TO BEAR IN MIND:

- 🔴 Blood samples are taken every time you donate and are tested for HIV, syphilis and hepatitis B and C.
- 🔴 It is not guaranteed that infection markers are detected, even in an infected donor. That is the reason for the detailed health questions.
- 🔴 If infection markers are detected, the blood donor is contacted, permanently deferred from donating blood and the blood unit discarded.
- 🔴 Do not donate blood with the intention to be tested for a possible hepatitis B and C, HIV or syphilis infection. Contact a primary healthcare center, or an outpatient clinic at Landspítali.

**Persons, whose behavior, activity or sexual practices place them at risk of acquiring severe infectious diseases that may be transmitted by blood, are considered being in a risk group.**