

## Donation information for external donations

Information about the procedure:

- Please eat a good breakfast on the day of the donation, preferably low in fat, and make sure you drink about 1–1.5 liters of water.
- Please bring your ID card with you.
- The blood donation itself takes about 15 minutes. In addition, there are several stages that you will go through beforehand (donation registration, filling out a questionnaire, laboratory tests, consultation with a doctor) and a waiting period afterwards. Please allow at least 30 to 45 minutes of your time.
- After donating blood, you will receive chocolate bars and fruit to help you recover.

The most important requirements for donating blood and the most common reasons for exclusion are as follows:

- body weight of at least 50 kg
- you must be at least 18 years old
- sufficient hemoglobin level (commonly known as "iron level," red blood pigment), tested on site
- good health, i.e. no infections or feverish illnesses (recovery for at least 1 week, in case of fever or infectious gastrointestinal diseases 4 weeks, after taking antibiotics 4 weeks after completion of medication)
- hepatitis B, mumps, measles, rubella, and yellow fever vaccinations must have been administered at least 4 weeks prior to the appointment; other vaccinations without symptoms are generally acceptable
- no dental treatment or professional teeth cleaning in the last 24 hours
- minor surgical procedures must have been completed at least 4 weeks ago (for very minor procedures (e.g., tooth extraction), admission is possible after 7 days if the wound has completely healed)
- major surgical procedures, tattoos, skin piercings (e.g., piercings), needle stick injuries, and gastrointestinal/bladder endoscopies must have been completed at least 4 months prior to admission
- you do not have any chronic illnesses, e.g., epilepsy, cardiovascular diseases such as conditions following a heart attack, insulin-dependent diabetes (donation is possible if high blood pressure is controlled by medication and if diabetes is treated without the use of insulin)
- with malignant cancers, with very few exceptions, donation is not possible even after recovery

- long-haul flights must have been completed at least 4 weeks prior to donation (depending on the country, donation may be possible earlier; simply ask when registering)  
**please note:** Currently, a 4-week waiting period is also required after a stay in France
- no stay in malaria-endemic areas in the last 6 months (mostly countries near the equator)
- *if you were born in a malaria area or have stayed there for more than 6 months, you can only donate blood after special testing*, testing cannot be carried out during a company donation, but unfortunately only at our main donation center at Bachstraße 18, 07743 Jena during opening hours
- *donors must be able to complete the standardized questionnaire in German independently and understand it*; unfortunately, a complete translation is not possible

The requirements for blood donation have been established for the protection of donors on the one hand and for the protection of recipients (immunocompromised individuals, newborns, etc.) on the other. They are based on the Hemotherapy Guideline (Richtlinie Hämotherapie) issued by the German Medical Association in agreement with the Paul Ehrlich Institute in 2023, which was established in accordance with §§ 12a and 18 of the Transfusion Act (Transfusionsgesetz (TFG)). Accordingly, there is no medical discretion regarding the rules laid down therein.

If you have any questions or concerns, please do not hesitate to contact the medical staff at the blood donation center. Questions can also be clarified in advance by telephone at 03641 9 393939 or by email at [IKTJ.Assistenz@med.uni-jena.de](mailto:IKTJ.Assistenz@med.uni-jena.de).

**We look forward to welcoming you to our blood donation center and thank you on behalf of our patients for your willingness to donate blood!**

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