

PLASMA DONATION

A few selection criteria

To read before you register

CRITERIA	CAN I GIVE PLASMA?
ACUPUNCTURE	✓ Only if done with single-use needles. OTHERWISE , 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	✓ If it is a skin cancer (basal or squamous cell carcinoma) or a uterine cervical cancer <i>in situ</i> , as long as it has been successfully treated.
	✗ For any other type of cancer: consult with Héma-Québec staff.
CHILDBIRTH BREASTFEEDING PREGNANCY	✓ If birth occurred more than 6 months ago.
	✓ If you are breastfeeding, provided birth occurred more than 6 months ago.
	✗ If you are pregnant.
CHOLESTEROL	✓ No restrictions.
COLD	✓ If you feel well and do not have any fever.
DENTIST	✓ If whitening or impression.
	✓ The day after a filling (restoration), cleaning or orthodontics.
	✓ 3 days after an extraction, surgery, root canal, crown, root planing, gum autograft or implant.
DIABETES	✓ If resolved or controlled by diet or oral medication. IF TREATED WITH INSULINE: consult with Héma-Québec staff.
DRUGS	✗ If intravenous, even once.
ELECTROLYSIS	✓ Only if done with single-use or personal use needles. OTHERWISE , 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	✓ If you have been vaccinated against influenza (or flu) or COVID-19. OTHER VACCINES: consult with Héma-Québec staff.

Legende: ✓ YES ✗ NO

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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 pi 9 po	150 lb
148 cm	66 kg	4 pi 10 po	146 lb
149 cm	65 kg	4 pi 11 po	142 lb
150 cm	64 kg	5 pi	138 lb
151 cm	64 kg	5 pi 1 po	133 lb
152 cm	63 kg	5 pi 2 po	129 lb
153 cm	62 kg	5 pi 3 po	124 lb
154 cm	61 kg	5 pi 4 po	120 lb
155 cm	61 kg	5 pi 5 po	115 lb
156 cm	60 kg	5 pi 6 po or more	110 lb
157 cm	59 kg	Ineligible to donate if less than 110 lb, regardless of height.	
158 cm	58 kg		
159 cm	57 kg		
160 cm	57 kg	Ineligible to donate if less than 50 kg, regardless of height.	
161 cm	56 kg		
162 cm	55 kg		
163 cm	54 kg	Ineligible to donate if less than 50 kg, regardless of height.	
164 cm	53 kg		
165 cm	52 kg		
166 cm	52 kg	Ineligible to donate if less than 50 kg, regardless of height.	
167 cm	51 kg		
168 cm or more	50 kg		

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



MEN			
METRIC UNITS		IMPERIAL UNITS	
147 cm	54 kg	4 pi 9 po	123 lb
148 cm	54 kg	4 pi 10 po	118 lb
149 cm	53 kg	4 pi 11 po	114 lb
150 cm	52 kg	5 pi or more	110 lb
151 cm	51 kg	Ineligible to donate if less than 110 lb, regardless of height.	
152 cm or more	50 kg		

Ineligible to donate if less than 50 kg, 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.