

Issued by JPAC: 15 August 2018

Implementation: To be determined by each Service

Change Notification UK National Blood Services No. 21 - 2018

Narcolepsy

These changes apply to the Whole Blood and Components Donor Selection Guidelines

Please make the following changes to the entry:

Obligatory

Must not donate.

Discretionary

If free from sleep attacks or cataplexy for 12 months or more, even if on medication, accept.

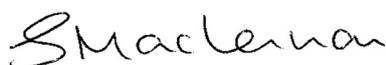
Additional Information

Narcolepsy is a rare neurological condition that affects the brain's ability to regulate the normal sleep-wake cycle. This can lead to symptoms such as disturbed night-time sleep, excessive daytime sleepiness and cataplexy. Consequently, narcolepsy is often thought of as a sleep disorder, but its underlying cause means that it is better classified as a disorder of the central nervous system. ~~Narcolepsy is a sleep disorder that can which can result in a variety of problems.~~ Some affected individuals may fall asleep without warning (sleep attacks) or lose muscular control that can result in falling to the ground (cataplexy). In some cases cataplexy may have the appearance of a stroke, though recovery usually occurs within minutes.

Some individuals only have minor symptoms that should not interfere with donation. Sleep attacks and cataplexy may obviously cause problems during and after the donation process. However, some individuals have good control of symptoms through lifestyle adaptations and/or taking medication. If these problems are well controlled (no attacks for 12 or more months) the donor may be accepted.

Reason for Change

~~A 'Discretionary' entry has been added together with 'Additional Information'.~~
The additional information section has been updated with more information about the nature of Narcolepsy



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