

**Date of publication:** 09 May 2012

**Implementation:** To be determined by each Service

## Change Notification UK National Blood Services No. 9 - 2012

### Pregnancy

**Applies to the Whole Blood and Components Donor Selection Guidelines only**

**Obligatory**

**Must not donate if:**

- a) Pregnant.
- b) Less than 6 months have passed since delivery or termination.
- c) Resulted in a malignant (invasive) hydatidiform mole.
- d) Resulted in a non-malignant (non-invasive) hydatidiform mole and treatment and follow up is ongoing.

**Discretionary**

If the pregnancy ended before the 12<sup>th</sup> week of pregnancy without significant blood loss, if follow up is complete and it is more than 7 days from last dose of methotrexate (if taken), and it is agreed by a Physician member of the designated clinical support, accept.

**See if Relevant**

Anaemia - Discretionary 1. Iron deficiency  
Malignancy  
Surgery  
Transfusion  
Trying to Conceive

**Additional Information**

During pregnancy, particularly in the later part, a woman loses a considerable amount of iron to the baby. It is important to allow time for this lost iron to be replaced through the mother's diet. Donating during pregnancy will make it very likely that the pregnant woman will become short of iron and this may lead to anaemia and even threaten the pregnancy. Iron usage in pregnancy occurs mostly between 12 and 35 weeks either to increase the number of red cell of the mother, or for the growth of the baby (after 30 weeks). Pregnancies of less than 12 weeks have little impact on the mother's iron stores. However if there was significant bleeding due to a miscarriage or ectopic pregnancy a full 6 months from the date of this event is advisable before the lady donates.

\Continued

Methotrexate is now increasingly used to medically treat ectopic pregnancy, to avoid surgery and protect the fallopian tube. This method of treatment, if successful, is not associated with significant bleeding but a week is needed for any residual methotrexate to clear the system.

A mother can donate if she is still breast-feeding, provided that a longer period than 6 months from delivery has passed.

If a woman is trying to become pregnant they can donate if they have not missed a period and are not under investigation or on infertility treatment. If they are on treatment or under investigation for infertility see the link for 'Trying to Conceive'.

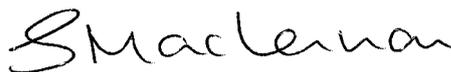
Hydatidiform moles may be malignant. If they are, the woman will not be able to donate. In other cases it is important for treatment and follow up to be completed so that the possibility of malignancy is excluded.

**Reason for Change** The addition of information about methotrexate.

#### **Further Information**

The supporting paper, JPAC 12-15 Recommendations on a change to the Donor Selection Guidance for Pregnancy, leading to this Change Notification can be found in the Document Library/Supporting Papers of the JPAC website:

<http://www.transfusionguidelines.org.uk/Index.aspx?Publication=DL&Section=12&pageid=7528>



**Dr Sheila MacLennan**

**Professional Director - Joint UKBTS/HPA Professional Advisory Committee**

☎ Direct Dial: (0113) 820 8638

✉ [sheila.maclennan@nhsbt.nhs.uk](mailto:sheila.maclennan@nhsbt.nhs.uk)