

Issued by JPAC: 26 April 2022

Implementation: To be determined by each Service

Change Notification UK National Blood Services No. 20 - 2022

Inflammatory Bowel Disease

These changes apply to the Whole Blood and Component Donor Selection Guidelines.

Please amend the following entry.

Inflammatory Bowel Disease

<i>Also Known As</i>	IBD.
<i>Includes</i>	Crohn's disease, and ulcerative colitis, microscopic colitis, collagenous colitis, lymphocytic colitis.
<i>Obligatory</i>	Must not donate.
<i>Discretionary</i>	If diagnosed with microscopic colitis, collagenous colitis, lymphocytic colitis only, accept if: <ul style="list-style-type: none"> asymptomatic for more than four months, and any deferral required for steroid or immunosuppressive therapy has passed.
<i>Additional Information</i>	<p>The cause of these conditions is not fully understood and may include infection.</p> <p>Crohn's disease and ulcerative colitis usually have a chronic, relapsing course and require long-term treatment. These diseases will often have systemic effects, e.g. Fatigue or anaemia, and there can be association with other disorders, e.g. arthritis, which effects the donor's general health.</p> <p>Lesions in the gastrointestinal tract of individuals with Crohn's disease and ulcerative colitis caused by the disease can increase the risk of bacteria entering the blood stream. Bacteria in donated material can multiply to dangerous levels during storage.</p> <p>Microscopic colitis and its subtypes (collagenous colitis and lymphocytic colitis) are classified as inflammatory bowel diseases. However, there is a lower likelihood of relapsing disease and longer-term complications. Individuals with</p>

	microscopic colitis can donate once their symptoms have settled and they feel well. A four-month deferral ensures the donor's recovery is maintained. Care should be taken to ensure that, as well as complete cessation of gastrointestinal symptoms, donors are not experiencing any extra-intestinal symptoms such as fatigue, arthralgia or myalgia that affect normal activities of daily living.
<i>Information</i>	This Part of this entry is a requirement of the Blood Safety and Quality Regulations 2005.
<i>See if Relevant</i>	Steroid Therapy Immunosuppression Autoimmune Disease
<i>Reason for change</i>	'Additional Information' has been added. Addition of <i>Discretionary</i> advice and relevant links for donors diagnosed with microscopic colitis, and to the <i>Additional Information</i> regarding IBD.

Sheila MacLennan

Dr Sheila MacLennan
Professional Director - Joint UKBTS Professional Advisory Committee
✉ sheila.maclennan@nhsbt.nhs.uk