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

## **Change Notification UK National Blood Services No. 22 - 2011**

# **Donor Weight**

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

### **Obligatory**

#### **Must not donate if:**

- a) Under 65 kg (10 stone 3 pounds)
- b) The donor weight means that they have difficulty in getting onto or off the donation couch.
- c) Venous access is very difficult.
- d) The safe weight limit of the bleeding couch/chair is exceeded.
- e) They are a double red cell donor and weigh under 70 kg (11 stone).

### **Discretionary**

- a) If male and over 50kg of weight (7 stone 12 pounds), accept
- b) If female, 20 years of age or older and over 50kg of weight (7 stone 12 pounds), accept
- c) If female, less than 20 years of age with an estimated blood volume of 3500ml or greater (as per chart), accept
- d) Treatment with anti-obesity drugs, accept.

### **See if Relevant**

#### Sleep Apnoea

### **Additional Information**

No donor should lose more than 15% of their estimated blood volume (EBV) during any donation procedure. During apheresis procedures the extra corporal volume should not exceed 15% EBV (excluding anticoagulant). This is to protect the donor from adverse effects such as fainting and becoming anaemic. The ECV is the total volume of blood and plasma removed from the donor at any time. It includes all blood and plasma in collection packs and contained within the machine harness. This is to protect the donor from adverse effects such as fainting and becoming anaemic.

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**Additional Information (Continued)**

There is a minimum legal donor weight of 50kg at which a donation can be accepted. In young women there is a significant risk of fainting if their donation exceeds 15% of their EBV thus a minimum EBV of 3500ml is needed.

The 50kg lower weight limit is not appropriate for double red cell donations because of the increased volume, and iron that is being taken from the donor.

**Information**

Part of this entry is a requirement of the Blood Safety and Quality Regulations 2005. Other parts are related to research in to the reasons why donors faint.

**Reason for Change**

The addition of restrictions to reduce the faint rate in younger female donors in line with recent research and Council of Europe guidance.

**Further information**

The supporting paper, JPAC 11-10 Recommendations on Donor Height and Weight, 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>

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Estimated Blood Volume for Female donors (after Nadler) by height and weight																
	Weight Kg															
Height cm	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	Height
149 or less	Less than 3500 ml															4' 10" or less
150	3039	3072	3105	3138	3171	3205	3238	3271	3304	3337	3370	3403	3436	3469	3502	4' 11"
151	3063	3096	3129	3163	3196	3229	3262	3295	3328	3361	3394	3427	3460	3493	3526	
152	3088	3121	3154	3187	3220	3253	3286	3319	3352	3386	3419	3452	3485	3518	3551	4' 11½"
153	3113	3146	3179	3212	3245	3278	3311	3344	3377	3410	3443	3477	3510	3543	3576	
154	3138	3171	3204	3237	3270	3303	3336	3369	3403	3436	3469	3502	3535	3568	3601	5' ½"
155	3163	3196	3230	3263	3296	3329	3362	3395	3428	3461	3494	3527	3560	3593	3626	
156	3189	3222	3255	3288	3322	3355	3388	3421	3454	3487	3520	3553	3586	3619	3652	5' 1 ½"
157	3215	3248	3282	3315	3348	3381	3414	3447	3480	3513	3546	3579	3612	3645	3678	
158	3242	3275	3308	3341	3374	3407	3440	3473	3507	3540	3573	3606	3639	3672	3705	5' 2"
159	3269	3302	3335	3368	3401	3434	3467	3500	3533	3566	3600	3633	3666	3699	3732	
160	3296	3329	3362	3395	3428	3461	3494	3527	3561	3594	3627	3660	3693	3726	3759	5' 3"
161	3323	3356	3390	3423	3456	3489	3522	3555	3588	3621	3654	3687	3720	3753	3787	
162	3351	3384	3417	3451	3484	3517	3550	3583	3616	3649	3682	3715	3748	3781	3814	5' 4"
163	3379	3413	3446	3479	3512	3545	3578	3611	3644	3677	3710	3743	3776	3810	3843	
164	3408	3441	3474	3507	3540	3573	3607	3640	3673	3706	3739	3772	3805	3838	3871	5' 4 ½"
165	3437	3470	3503	3536	3569	3602	3635	3669	3702	3735	3768	3801	3834	3867	3900	
166	3466	3499	3532	3565	3599	3632	3665	3698	3731	3764	3797	3830	3863	3896	3929	5' 5"
167	3496	3529	3562	3595	3628	3661	3694	3727	3760	3794	3827	3860	3893	3926	3959	
168 or more	More than 3500 ml															5'6" or more
	7st 12	8st	8st 3	8st 5	8st 7	8st 9	8st 11	9st	9st 2	9st 4	9st 6	9st 8	9st 11	9st 13	10st 1	
	110lb	112lb	115lb	117lb	119lb	121lb	123lb	126lb	128lb	130lb	132lb	134lb	137lb	139lb	141lb	