**Change Notification for the UK Blood Transfusion Services**

**Date of Issue:** 04 July 2023  
**Implementation:** to be determined by each Service

No. 29 – 2023

**Chronic Fatigue Syndrome**

Revised entry

The following changes apply to:

<table>
<thead>
<tr>
<th>BM-DSG</th>
<th>CB-DSG</th>
<th>GDRI</th>
<th>TD-DSG</th>
<th>TL-DSG</th>
<th>WB-DSG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Marrow &amp; Peripheral Blood Stem Cell</td>
<td>Cord Blood</td>
<td>Geographical Disease Risk Index</td>
<td>Tissue – Deceased Donors</td>
<td>Tissue – Live Donors</td>
<td>Whole Blood &amp; Components</td>
</tr>
</tbody>
</table>

**Also Known As**  
CFS, myalgic encephalomyelitis (ME), post-viral fatigue syndrome and Systemic Exertion Intolerance Disease (SEID).

**Obligatory**  
**Must not donate**

**«Discretionary**  
If donor gives a history of fatigue following a viral infection, e.g. Glandular fever, with no relapse of symptoms and it is at least six months since all symptoms resolved, accept.»

**Additional Information**  
CFS is generally diagnosed by excluding other conditions and may follow an infection that may or may not have been viral and which may be carried by the affected individual.  
It is most common between the ages of 25 and 45 years and women are affected more often than men. It is associated with easily induced and prolonged episodes of fatigue often accompanied by other symptoms.  
The condition is relapsing by nature and donation may make symptoms worse, or provoke a relapse in an affected individual.  
«Post viral fatigue can occur after an acute viral infection. Symptoms of fatigue can last weeks or months and may follow a relapsing course. It is important that individuals have fully recovered before being accepted to donate.»

**Reason for Change**  
«A discretion to accept donors who have fully recovered from fatigue associated with an acute viral infection has been added.»  
The proposed new name for this syndrome has been included.

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**Dr Stephen Thomas**  
Professional Director – JPAC  
jpac@nhsbt.nhs.uk