

Issued by JPAC: 19 January 2021

Implementation: To be determined by each Service

Change Notification UK National Blood Services No. 56 - 2020

Valproate

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

This is a new entry:

<i>Obligatory</i>	Must not donate
<i>Discretionary</i>	If it is more than seven days since the last dose of valproate, and the reason for therapy does not preclude donation, accept.
<i>Additional Information</i>	<p>Sodium valproate (Epilim®, Episenta®) and the related drugs valproic acid (Depakote®, Convulex®) are anticonvulsant medications used in the treatment of epilepsy. They are also used for treatment of bipolar disorder and as prophylaxis for migraine.</p> <p>Exposure during pregnancy is a known cause of birth defects. As it is not possible to know whether an individual donation will be transfused to a pregnant woman, donors taking any form of sodium valproate or valproic acid must be deferred until at least one week after stopping treatment.</p>
<i>Reason for change</i>	New Entry

\Continued

Please also update the following entries:

Mental Health Problems

<i>Obligatory</i>	<p>Must not donate if:</p> <ol style="list-style-type: none"> 1. Not able to fully understand and consent to the donation process and to the testing of their blood for diseases that may affect its suitability for use. 2. On treatment with sodium valproate or valproic acid.
<i>See if Relevant</i>	<p><u>Communication Difficulties</u> <u>Valproate</u></p>
<i>Additional Information</i>	<p>Many people have mental health problems that are controlled with regular medication. Providing individuals are well on the day of donation and have the mental capacity to give full informed consent, there is no reason why they cannot donate whether on medication or not.</p> <p>Individuals who are over anxious, depressed, manic or psychotic cannot always give valid consent, or fully understand why they are being asked certain questions.</p> <p>Occasionally donors are on medication such as Clozapine and are under close monitoring. They should be accepted as long as they pass the Hb test.</p>
<i>Reason for change</i>	<p>To ensure that all donors with mental health conditions can donate blood if they are well enough to do so and have the mental capacity to give full informed consent.</p> <p>Addition of an obligatory deferral for treatment with valproate and a link to the Valproate entry.</p>

Migraine

<i>Obligatory</i>	<p>Must not donate if:</p> <ol style="list-style-type: none"> 1. Migraine is severe and occurs more than once a week. 2. On prophylaxis with sodium valproate or valproic acid.
<i>Discretionary</i>	<p>Providing the migraine is not severe and occurs less than once a week, even if on prophylactic treatment (except valproate/valproic acid), accept.</p>

Continued

See if Relevant	Headache Valproate
Additional Information	<p>Migraine is caused by a disturbance in the normal blood flow to parts of the brain. In its more severe forms it can be severely disabling. By not accepting people with the more severe forms of migraine we hope to prevent precipitating an attack through the process of donating blood.</p> <p>Any donor who has had severe migraine associated with giving blood on more than one occasion should be advised not to continue as a donor.</p>
Reason for change	<p>The 'Obligatory' entry has been reworded for clarity.</p> <p>The 'Discretionary' entry has also been reworded for clarity and has been changed to reflect the change in policy on the use of clonidine for treating high blood pressure.</p> <p>Addition of an obligatory deferral for treatment with valproate and a link to the Valproate entry.</p>

Please also make the following A-Z Index changes:

Add entries

Valproic – direct to 'Valproate' entry

Valproate – direct to 'Valproate' entry

Sheila MacLennan

Dr Sheila MacLennan

Professional Director - Joint UKBTS Professional Advisory Committee

☎ Direct Dial: (0113) 820 8638

✉ sheila.maclennan@nhsbt.nhs.uk