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Implementation: To be determined by each Service

## Change Notification UK National Blood Services No. 9 - 2006

### Appendix 5 – Treatment for High Blood Pressure

Applies to Tissue Donor Selection Guidelines – Bone Marrow and PBSC

and also appears as

### Appendix 6 – Treatment for High Blood Pressure

Applies to Donor Selection Guidelines - Whole Blood and Components

The entry in both the guidelines is the same:

#### **Treatment for High Blood Pressure**

Donors who have been diagnosed with high blood pressure may donate provided that:

1. They have not suffered any adverse effects of raised blood pressure (BP) such as heart disease (angina, heart attack or heart failure), stroke, transient ischaemic attack (TIA or mini-stroke), or peripheral vascular disease (intermittent claudication, gangrene).
2. They are taking **only** a Beta( $\beta$ )-blocker and/or diuretic as their treatment for the raised BP. The list below shows the proper and trade names of allowed drugs. It is important to note that this list is not exclusive and that these drugs may be used to treat other conditions such as heart failure and abnormal heart rhythms (arrhythmia); both of which would mean the donor **must not** donate. Other medication should be assessed independently.
3. Treatment is stable. This requires:  
That the donor is well and not having any problems with feeling faint, fainting or giddiness.  
They have been on the same dose of medication for at least a month.  
They are not undergoing tests to find out the underlying cause of their raised BP.

*\ Continued*



Allowed drugs include:

Acebutolol	Eucardic	Neo-NaClex
Amil-Co	Half-Inderal LA	Neo-NaClex-K
Amiloride	Hydrochlorthiazide	Oxprenolol
Aprinox	Hydroflumethiazide	Pindolol
Atenolol	Hygroton	Polythiazide
Bendrofluazide	Indapamide	Prestim
Bendroflumethiazide	Inderal	Propranolol
Betaloc	Inderal-LA	Secadrex
Betaloc-SA	Kalspare	Sectral
Beta-Prograne	Kalten	Slow-Trasicor
Betim	Labetalol	Syprol
Bisoprolol	Lopresor	Tenoret 50
Carvedilol	Lopresor SR	Tenoretic
Celectol	Metenix 5	Tenormin
Celiprolol	Metolazone	Torasimide
Centnyl K	Metoprolol	Torem
Chlortalidone	Moducron	Trandate
Clopamide	Moduret	Trasicor
Co-amilozide	Moduretic	Trasidrex
Co-Betaloc	Monocor	Triamterene
Co-tenidone	Nadolol	Triam-Co
Co-triamterzide	Natrilix	Timolol
Corgard	Natrilix SR	Viskaldix
Cyclopenthiazide	Navidrex	Visken
Diurexan	Navispare	Xipamide
Dyazide	Nebilet	
Emcor	Nebivolol	

If in any doubt check the BNF to see which class of drug is being used to treat the high BP or refer to a Designated Medical Officer.

NB. Alpha(a)-blockers are not  $\beta$ -blockers and at present donors treated with a-blockers **must not** be bled.

Comments and corrections to [david.hutton@wbs.wales.nhs.uk](mailto:david.hutton@wbs.wales.nhs.uk) (24/08/05)

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