

Change Notification for the UK Blood Transfusion Services

Date of Issue: 28 August 2025 **Implementation:** to be determined by each Service

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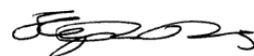
Weight Loss Medication

This notification includes the following changes:

	BM-DSG Bone Marrow & Peripheral Blood Stem Cell	CB-DSG Cord Blood	GDRI Geographical Disease Risk Index	TD-DSG Tissue - Deceased Donors	TL-DSG Tissue - Live Donors	WB-DSG Whole Blood & Components	Red Book Guidelines for the BTS in the UK
1. Weight Loss Medication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2. Donor Weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
3. Changes to the A-Z index	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>



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Interim Chair, Standing Advisory Committee on Care & Selection of Donors (SACCSD)



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Changes are indicated using the key below. This formatting will not appear in the final entry.

original text	«inserted text»	deleted text
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1. Changes apply to the **Whole Blood and Components DSG**

«Weight Loss Medication»

(new entry)

<i>«Includes»</i>	Oral or injectable drugs for management of weight loss.
<i>Excludes</i>	Causes of obesity or related comorbidities. Donors with other conditions must be assessed using the relevant entries.
<i>Obligatory</i>	<p>1. Oral medication</p> <p>Must not donate if:</p> <ul style="list-style-type: none"> a) The medication used is a reason for deferral in the WB-DSG, or b) The donor is experiencing significant side effects. <p>2. Injectable medication</p> <p>Must not donate if:</p> <ul style="list-style-type: none"> a) Injectable medication has not been prescribed for the donor by a UK or Republic of Ireland (RoI) registered prescriber and/or has been obtained from a non-licensed source, or b) The donor is not using the medication as prescribed: e.g. sharing medication vials, pens or injection equipment with other users, or c) The donor is experiencing significant side effects.
<i>Discretionary</i>	<p>If:</p> <ul style="list-style-type: none"> a) The medication is not in itself a reason for deferral, and b) The donor does not have significant side effects, and c) Any injectable medication has been prescribed for the donor by a UK or RoI registered prescriber and obtained from a licensed source, and d) The donor is not sharing medication vials, pens or injection equipment accept.
<i>See if Relevant</i>	<p>Blood Safety Entry</p> <p>Diabetes Mellitus</p>
<i>Additional Information</i>	<p>Several treatments for weight loss are licensed for use by the NHS including the oral medication orlistat (Alli®, Xenical®) and the injectable medications tirzepatide (Mounjaro®), liraglutide (Saxenda®) and semaglutide (Wegovy®). Donors prescribed any of these through an NHS provider can be accepted provided they are well and are using the medication correctly. It is important to check the WB-DSG entry for any underlying health conditions that the donor may have. Donors who are diabetic should be assessed using the Diabetes Mellitus entry.</p> <p>Patients who are not eligible for NHS treatment may obtain weight loss medications from private providers. As long as the treatment has been prescribed by a health care professional registered in the UK or RoI and issued</p>

	<p>through a licensed pharmacy, the donor can be accepted. Donors who have obtained injectable medication from a non-licensed source (including from friends or family) should be managed through the Blood Safety Entry. It is important that donors are not accepted who may be sharing medication vials, pens or injecting equipment.</p> <p>Donors who have acquired treatments online can be accepted provided they meet the conditions outlined above. If staff are unsure whether a provider meets these criteria, refer to a DCSO.</p> <p>Some oral weight loss treatments obtained abroad or online may require deferral under the medication rules within the WB-DSG. For example, topiramate is approved for weight loss in the USA and is marketed as Qsymia® (in combination with phentermine).</p>
<p><i>Reason for Change</i></p>	<p>This is a new entry.»</p>

2. Changes apply to the **Whole Blood and Components DSG**

Donor Weight

(revised entry)

<i>Definitions</i>	<p>EBV – Estimated Blood Volume. This is calculated using the Nadler formula (Ref: Chapter 3.7 Guidelines for the Blood Transfusion Services in the UK).</p> <p>ECV – Extra Corporeal Volume. This is the total volume outside the donor’s circulation at any time during a donation procedure. It includes all blood, plasma and components in the collection packs, the machine harness and testing samples.</p>
<i>Obligatory</i>	<p>1. Must not donate if:</p> <ul style="list-style-type: none"> 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).
<i>Discretionary</i>	<ul style="list-style-type: none"> a) If male and over 50 kg of weight (7 stone 12 pounds), accept. b) If female, 20 years of age or older and over 50 kg of weight (7 stone 12 pounds), accept. c) If female, less than 20 years of age with an EBV of 3500 mL or greater (as per Appendix 1), accept. d) Treatment with anti-obesity drugs, accept. This can include treatment with injectable drugs such as liraglutide (Saxenda®), provided they have been prescribed by a health care professional.
<i>Component Donation</i>	<p>During any planned component donation procedure, the donor’s ECV must not exceed 16% of their EBV at any point in the procedure.</p> <p>Careful consideration should be taken when calculating the EBV for transgender donors to ensure the most appropriate chart is selected.</p>
<i>See if Relevant</i>	<p>Appendix 1 - Estimated Blood Volume for Female donors (after Nadler) by height and weight</p> <p>Appendix 3 – Maximum permitted ECV for component donation</p> <p>Sleep Apnoea</p> <p>«Weight Loss Medication»</p>
<i>Additional Information</i>	<p>Limits on donation volume are in place to protect the donor from adverse effects such as fainting.</p> <p>There is a minimum legal donor weight of 50 kg 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 3500 mL is needed.</p>

	<p>For individuals with a body mass index greater than 40, there is a risk that the formula used to calculate blood volume may result in an overestimation of EBV.</p> <p>The 50 kg 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.</p> <p>Obesity is associated with several medical conditions, including cardiovascular disease, type 2 diabetes, fatty liver disease, gallstones, and gastro-oesophageal reflux disease. Drugs used for obesity treatment include oral or injectable medications. Donors who have been prescribed these can be accepted provided they otherwise meet the donor selection criteria.</p> <p>Liraglutide for the treatment of obesity is usually marketed as Saxenda®. It is provided as a pre-filled pen device with single-use needles. Donors who have been prescribed liraglutide for obesity can be accepted if they are using the equipment provided as per the manufacturer's instructions and are not sharing pens or needles with others.</p>
<p><i>Information</i></p>	<p>Part of this entry is a requirement of the Blood Safety and Quality Regulations 2005. Other parts are related to research into the reasons why donors faint.</p>
<p><i>Reason for Change</i></p>	<p>«Guidance on the use of weight loss medication has been moved to a new entry.»</p> <p>Guidance and information have been added for weight loss drugs, including injectable liraglutide.</p>

3. Changes apply to the **Whole Blood and Components DSG**

The following redirections will be amended in the **A-Z index**

Anti-Obesity Drugs » [Weight Loss Medication](#) ~~Donor Weight~~

Diet Pills » [Weight Loss Medication](#) ~~Donor Weight~~

Slimming Tablets» [Weight Loss Medication](#) ~~Donor Weight~~

Weight Loss Injections » [Weight Loss Medication](#) ~~Donor Weight~~

Weight Loss Pills » [Weight Loss Medication](#) ~~Donor Weight~~

The following redirections will be removed from the **A-Z index**

Liraglutide – for weight loss » Donor Weight

Saxenda® » Donor Weight