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Implementation: To be determined by each Service

Change Notification UK National Blood Services No. 10 - 2006

Blood Pressure - High

Applies to Donor Selection Guidelines - Whole Blood and Components

Obligatory

Must not donate if:

On drug treatment other than with diuretics and/or beta-blockers.

See if Relevant

Appendix 6 - Treatment for High Blood Pressure.

Additional Information

People with uncontrolled high blood pressure have a higher risk of heart attack and stroke than people with normal blood pressure. This is because high blood pressure damages the lining of arteries.

Treatment for high blood pressure often works by dilating the blood vessels. After donating blood, normally the blood vessels constrict and the heart rate increases. If these normal responses are stopped by treatment a person is more likely to faint and so they are not allowed to donate.

Diuretics (water tablets) and beta-blockers can be used to treat high blood pressure either with other tablets or, for mild blood pressure, by themselves. It is not thought that they cause problems with increased fainting following giving blood. If they are used by themselves or together to treat mild blood pressure the donor may be accepted. If they are used with other tablets to control blood pressure, donations cannot be accepted for the reasons above.

Reason for Change

To include a link to Appendix 6 - Treatment for High Blood Pressure.

Several studies have shown that beta-blockers do not increase the number of adverse events associated with blood donation.

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Applies to Tissue Donor Selection Guidelines – Bone Marrow and PBSC

Obligatory

Must not donate if:

On drug treatment other than with diuretics and/or beta-blockers.

Bone Marrow Donor:

Must not donate if:

Diastolic greater than 110 mmHg at any time from initial selection to harvest.

Must not donate if donor has physical, radiological or ECG signs of significant hypertension.

See if Relevant

Appendix 5 - Treatment for High Blood Pressure.

Additional Information

People with uncontrolled high blood pressure have a higher risk of heart attack and stroke than people with normal blood pressure. This is because high blood pressure damages the lining of arteries.

Diuretics (water tablets) and beta-blockers can be used to treat high blood pressure either with other tablets or, for mild blood pressure, by themselves. It is not thought that they cause increased adverse events associated with donating. If they are used by themselves or together to treat mild blood pressure the donor may be accepted. If they are used with other tablets to control blood pressure, donations cannot be accepted for the reasons above.

Reason for Change

To include a link to Appendix 5 - Treatment for High Blood Pressure.

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