

Change Notification for the UK Blood and Tissue Services

Notification date 30 June 2026
Effective date 11 August 2026
Implementation To be determined by each Service

CN 14-2026

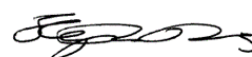
Non-alcoholic fatty liver disease (NAFLD)

Content changed	Type of change	Guidelines affected
1 Liver disease	Updated entry	Whole blood



Dr Jayne Hughes

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



Dr Stephen Thomas

Professional Director, JPAC

Note: this document indicates inserted and ~~deleted~~ text. This formatting will not apply in the published text.

1. Liver disease

Guidelines affected	Reason for change
Whole blood	Clarification of criteria relating to non-alcoholic fatty liver disease.

Changes apply to the following scenario only. The other sections of the entry are unchanged.

Scenario

▼ Non-alcoholic fatty liver disease (NAFLD)	
Excludes	Alcoholic fatty liver disease (AFLD)
Obligatory	Must not donate if: - Diagnosed with non-alcoholic steatohepatitis (NASH) Diagnosed with fibrosis - Diagnosed with cirrhosis
Discretionary	A diagnosis of non-alcoholic fatty liver disease does not necessarily prevent donation. If the donor does not have liver inflammation, NASH, fibrosis or cirrhosis , is otherwise well and managed with diet and lifestyle changes such as exercise, accept.
Additional information	NAFLD is a common medical condition, associated with a range of caused mainly by lifestyle factors such as weight, type 2 diabetes, high blood pressure and high cholesterol. It is also known as metabolic dysfunction-associated steatotic liver disease (MASLD). There is no drug treatment for this condition. It is usually managed with diet and lifestyle changes along with treatment of any associated medical conditions. Most people have a build-up of fat without any liver damage. Regular monitoring of the condition (e.g. blood tests and liver scans) should not preclude donation. Non-alcoholic steatohepatitis (NASH) is an advanced form of NAFLD. It is caused by an excessive accumulation of fat in the liver. This can progress to chronic liver inflammation and fibrosis and can result in cirrhosis if untreated.