

Date of publication: 09 April 2019

Implementation: To be determined by each Service

## Change Notification UK National Blood Services No. 03 – 2019

### Pregnancy

#### This change applies to the Whole Blood and Component Donor Selection Guidelines

*Obligatory*

**Must not donate if:**

- a) Pregnant.
- b) Less than 6 months have passed since delivery or termination.
- c) Resulted in a malignant (invasive) hydatidiform mole.
- d) Resulted in a non-malignant (non-invasive) hydatidiform mole and treatment and follow up is ongoing.

*Discretionary*

If the pregnancy ended before the 12th week of pregnancy without significant blood loss, if follow up is complete and it is more than 7 days from last dose of methotrexate (if taken), and it is agreed by a Physician member of the designated clinical support, accept.

*See if Relevant*

[Anaemia - Discretionary 1. Iron deficiency](#)  
[Malignancy](#)  
[Surgery](#)  
[Transfusion](#)  
[Trying to Conceive](#)

*Additional Information*

During pregnancy, particularly in the later part, a woman loses a considerable amount of iron to the baby. It is important to allow time for this lost iron to be replaced through the mother's diet. Donating during pregnancy will make it very likely that the pregnant woman will become short of iron and this may lead to anaemia and even threaten the pregnancy. Iron usage in pregnancy occurs mostly between 12 and 35 weeks either to increase the number of red cell of the mother, or for the growth of the baby (after 30 weeks). Pregnancies of less than 12 weeks have little impact on the mother's iron stores. However if there was significant bleeding due to a miscarriage or ectopic pregnancy a full 6 months from the date of this event is advisable before the lady donates.

Methotrexate is now increasingly used to medically treat ectopic pregnancy, to avoid surgery and protect the fallopian tube. This method of treatment, if successful, is not associated with significant bleeding but a week is needed for any residual methotrexate to clear the system.

**\Continued**

A mother can donate if she is still breast-feeding, provided that a longer period than 6 months from delivery has passed. If a woman is trying to become pregnant they can donate if they have not missed a period and are not under investigation or on infertility treatment. If they are on treatment or under investigation for infertility see the link for 'Trying to Conceive'. Hydatidiform moles may be malignant. If they are, the woman will not be able to donate. In other cases it is important for treatment and follow up to be completed so that the possibility of malignancy is excluded.

Repeat anti-HLA, anti-HNA and/or anti-HPA antibody testing should be undertaken when donors return after pregnancy, regardless of duration, when:

- it is intended to collect components for which the blood service has implemented TRALI risk reduction measures based on antibody testing,

or,

- it is intended to collect HPA-matched components.

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*Reason for change*

Advice to consider repeat HLA, HNA or HPA antibody testing after pregnancy has been added.

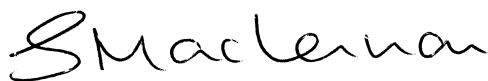
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*Donor Information*

If you wish to obtain more information regarding a personal medical issue please contact your [National Help Line](#).

Please do not contact this web site for personal medical queries, as we are not in a position to provide individual answers.

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