

Change Notification for the UK Blood Transfusion Services

Date of Issue: 13 October 2025

Implementation: to be determined by each Service

No. 20 – 2025

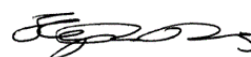
Chronic Fatigue Syndrome

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. Chronic Fatigue Syndrome (CFS)	☐	☐	☐	☒	☒	☐	☐
2. Post Viral Fatigue Syndrome	☐	☐	☐	☒	☒	☐	☐
3. Changes to the A-Z index	☐	☐	☐	☒	☒	☐	☐



Dr Richard Lomas
Chair, Standing Advisory Committee on Tissues (SACT)



Dr Stephen Thomas
Professional Director of JPAC

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 both **Tissues (Deceased and Live Donors) DSGs**

«Chronic Fatigue Syndrome (CFS)»

(new entry)

<i>«Also known as</i>	Myalgic Encephalomyelitis (ME), Post-viral Fatigue Syndrome and Systemic Exertion Intolerance Disease (SEID).
<i>Obligatory</i>	Must not donate if: Not resolved.
<i>Discretionary</i>	If donor had a history of fatigue following a viral infection, e.g. Glandular fever, with no relapse of symptoms and all symptoms are resolved, accept.
<i>Additional Information</i>	CFS is generally diagnosed by excluding other conditions and may follow an infection that may or may not have been viral and which may be carried by the affected individual. It is most common between the ages of 25 and 45 years and women are affected more often than men. It is associated with easily induced and prolonged episodes of fatigue often accompanied by other symptoms. Post-viral fatigue can occur after an acute viral infection. Symptoms of fatigue can last weeks or months and may follow a relapsing course.
<i>Reason for Change</i>	This is a new entry.»

2. Changes apply to both **Tissues (Deceased and Live Donors) DSGs**

~~Post Viral Fatigue Syndrome~~

(removed entry)

Includes	Myalgic Encephalopathy (ME) and Chronic Fatigue Syndrome (CFS)
Obligatory	Must not donate if: Not resolved.

3. Changes apply to both **Tissues (Deceased and Live Donors) DSGs**

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

Myalgic Encephalomyelitis » [Chronic Fatigue Syndrome \(CFS\)](#) ~~[Post Viral Fatigue Syndrome](#)~~

The following redirections will be added to the **A-Z index**

CFS » Chronic Fatigue Syndrome (CFS)

ME » Chronic Fatigue Syndrome (CFS)

Post-viral Fatigue Syndrome » Chronic Fatigue Syndrome (CFS)

SEID » Chronic Fatigue Syndrome (CFS)

Systemic Exertion Intolerance Disease » Chronic Fatigue Syndrome (CFS)

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

Chronic Fatigue Syndrome » Post Viral Fatigue Syndrome