



捐血常見問題

1 感冒康復後可以捐血嗎？

如沒有發燒，康復及停藥後暫緩一星期便可捐血。

2 糖尿病、高血壓、高膽固醇可以捐血嗎？

如患者病情穩定，於捐血前四星期沒有改變正服用藥物的種類及劑量（有注射胰島素之糖尿病患者除外），便適合捐血。

3 注射流感疫苗後可以捐血嗎？

注射流感疫苗後如無不適，暫緩一日後便可捐血。

4 洗牙或補牙後可以捐血嗎？

洗牙或補牙暫緩24小時後便可捐血。

5 紋身*、針灸、穿耳可以捐血嗎？

*紋身包括半永久皮膚穿刺美容程序，如紋眉、飄眉、霧眉、紋眼線及紋唇等
六個月後可捐血。如使用一次性無菌針進行針灸或穿耳，則可在評估傷口情況後捐血。

6 正在服食中藥可以捐血嗎？

如飲用保健湯水，便適合捐血；如服用處方中藥，暫緩一星期後便可捐血。

7 近期曾外遊可以捐血嗎？

如在捐血當日四週內曾到訪北美洲或受西尼羅河病毒影響的歐洲國家（美國、加拿大、克羅地亞、塞浦路斯、法國、德國、希臘、匈牙利、意大利、北馬其頓、羅馬尼亞、塞爾維亞、西班牙），不論有沒有病徵，均需暫緩捐血28天。

8 近期或正服用以下藥物可以捐血嗎？

如近期或正服用以下藥物：非類固醇鎮痛藥、治療脫髮的藥物、治療前列腺增生的藥物、治療暗瘡的藥物、服用抗生素，請先向當值護士查詢。

9 曾因「瘋牛症」潛在風險被暫緩捐血，現在可以捐血嗎？

可以，由2022年12月21日起，已解除對變種克雅二氏症（俗稱「瘋牛症」）潛在風險之相關暫緩捐血指引，接納於1980年至1996年間曾於英國居住累積三個月或以上，以及於1980年至2001年間曾於法國或愛爾蘭居住累積五年或以上的人士捐血，亦即以後所有曾於上述國家居住之人士均可捐血。

10 近期於瘧疾地區旅遊後返港可以捐血嗎？

於瘧疾地區旅遊後*三個月後可捐血，有關瘧疾地區的資料，請參考本中心網站。
（符合特定條件的捐血者，方可於三個月內捐贈部分血製品。）





FAQs about Blood Donation

1

Can I donate blood after recovering from a cold?

If you did not have a fever, you may be accepted for blood donation after you have been symptom-free and off medication for one week.

2

Can I donate blood if I have diabetes, high blood pressure, or high cholesterol?

If your disease is now under control with no complication*, you may be accepted for blood donation (except for diabetes patients who inject insulin).

*If you have been taking the same dose of the same medication for 4 weeks or more

3

Can I donate blood after getting an influenza vaccine?

You can donate blood one day after getting an influenza vaccination with no side effects.

4

Can I donate blood after dental scaling and filling?

You can donate blood 24 hours after dental scaling and filling.

5

Can I give blood after receiving tattoos*, acupuncture, or ear piercing?

*Tattoo includes permanent and semi-permanent cosmetic tattoos, such as microblading of eyebrows, eyelines and lips etc.

Defer blood donation for 6 months. If disposable sterile needles are used for acupuncture or ear piercing, you may be able to donate blood after wound assessment.

6

Can I donate blood if I am taking herbal medicine?

Basically, adding appropriate amount of herbal into your daily diet (e.g. soup or dishes) does not affect blood donation, as long as you are not taking them as a treatment for an illness. If you are taking the herbal medicine as a medical treatment for an illness, you should wait 7 days after completing the course of medication.

7

Can I donate blood if I have recently traveled abroad?

Prospective donors who have been to North America (United States & Canada) or WNV endemic countries in Europe (Croatia, Cyprus, France, Germany, Greece, Hungary, Italy, North Macedonia, Romania, Serbia, Spain) within four weeks before the date of blood donation, irrespective of any clinical symptoms, will be temporarily deferred for 28 days.

8

Can I donate blood if I am taking certain medications?

If you have recently taken or are currently taking non-steroidal anti-inflammatory drugs, drugs for alopecia, drugs for benign prostatic hyperplasia, medication for acne, or antibiotics, please consult with the attending nurse before donation.

9

Can I donate blood if I have been deferred due to the potential risk of mad cow disease?

Yes, starting from 21 Dec 2022, members of the public who had stayed three or more months cumulatively in the United Kingdom between 1980 and 1996; and who had stayed five or more years cumulatively in France or Ireland between 1980 and 2001, will be accepted to donate blood. In other words, members of the public who had previously resided in the abovementioned countries will all be accepted to donate blood in future.

10

Can I donate blood after visit a malaria risk area?

If you have travelled to a malaria risk area, will be temporarily deferred for 3 months. For information on malaria-endemic area, please visit our website.

(Blood donor, who meet certain criteria, may donate partial blood components within 3 months.)

