

SHARE
BLOOD
SAVE
LIVES

Explanation of the Medical Questionnaire

英語問診票

Anytime,
Anywhere,
Anybody can donate blood.



One Family ,One Blood Donor.

About us ネパール献血者協会とは

ネパール献血者協会,日本は、「命を分かち合う献血」をスローガンに、日本におけるネパール人献血者を結集し、血液提供に関連するさまざまなプログラムを積極的かつ効果的に実施することを目的として設立されました。2021年6月14日に、世界献血デーを祝して設立され、非営利活動団体として活動をはじめました。現在は、那覇市で暮らす外国人、日本人かかわらず広く献血啓発活動を行っています。また、県外にも活動の輪をひろげ、献血を希望する外国人のサポートも行っています。この団体は、日本赤十字社および沖縄県那覇市社会福祉協議会に登録され、認識されています。登録番号：日本赤十字社 58-54387

Infoemation

メール nbdayapan01@gmail.com

電話 080-6487-2284



Homepage



facebook



Instagram



X



発行日：2025.1

Explanation of the Medical Questionnaire

1 Are you feeling well today?

People with a fever should not donate blood because there is a possibility that bacteria or viruses may be present in the blood (bacteremia or viremia). In addition, depending on the donor's level of tension and physical condition, side effects such as VVR (vasovagal response) may occur during blood collection, so it is important to be in good physical condition before donating blood.

2 Have you had any dental treatment involving bleeding (tooth extraction, tartar removal, etc.) within the past 3 days?

People who have had dental treatment involving bleeding within the past three days should not donate blood, as there is a possibility that bacteria normally present in the mouth may be present in the blood (bacteremia).

3 Have you taken any medicine or received any injections within the last 3 days?

People who are taking or receiving injections of antibiotics or painkillers or fever reducers should not donate blood. This is because there is a possibility that they may have an infection or that the medication may have a negative effect on the function of platelets. Even if you are taking other medications, you may not be able to donate blood due to the effects of the illness or medication.

4 Have you ever used any of the following hair growth medications/medications for prostate hyperplasia? Propecia, Proscar, etc. (within the last month), Avodart, Avolve, etc. (within the last 6 months)

These drugs, which are anti-androgen hormones, have been reported to be teratogenic to fetuses, so people should not donate blood for one month after taking Propecia or Proscar, or for six months after taking Avodart or Avolve. Proscar and Avodart are not approved as medicines in Japan, but some people import them as hair growth drugs and take them orally. Generic drugs such as Dutasteride, which contains the same ingredient as Avodart, and Finpecia and Fincar, which contain the same ingredient as Propecia, are also treated in the same way.

5 Have you ever used the following medicines? Psoriasis medication (Tigason), human placenta injections (Laennec, Melsmon)

Tegison, which is used to treat psoriasis, is a contraindicated drug for blood collection according to the US (FDA) standards, and is a synthetic retinoid. It has been pointed out that it is teratogenic, so people who have taken it or have taken it in the past should not donate blood. In addition, since the risk of variant Creutzfeldt-Jakob disease (vCJD) caused by abnormal prion infection from the human placenta, which is the raw material for human-derived placenta injections, cannot be completely denied in theory, people who have received Laennec or Melsmon injections in the past are also asked to refrain from donating blood. Currently, there have been no reported cases of vCJD infection caused by the use of human-derived placenta injections.

6 Have you had a flu shot within the last 24 hours?

Influenza vaccines are inactivated vaccines and there is no risk of pathogens being present in the blood. However, taking into consideration the physical condition of the donor, blood should not be donated until 24 hours have passed since receiving the vaccination.

7 Have you had a non-flu vaccination within the last year?

Those who have received inactivated vaccines or toxoids other than influenza vaccines (e.g., Japanese encephalitis, cholera, pneumococcal, whooping cough, hepatitis A, etc.) should not donate blood until 24 hours have passed since vaccination. Those who have received the hepatitis B vaccine should not donate blood for 4 weeks because there is a high possibility that the HBs antigen test will be judged positive. Those who have received anti-HBs human immunoglobulin alone or in combination with the hepatitis B vaccine should not donate blood for one year. In addition, those who have received the rabies vaccine after being bitten by an animal should not donate blood for one year after vaccination, and those who have received a live attenuated vaccine (e.g., yellow fever, measles, polio, mumps, rubella, chickenpox, BCG) should not donate blood for 4 weeks after vaccination. In addition, those who have received antisera for tetanus, snake venom, or diphtheria should not donate blood for three months.

8 Have you had any of the following illnesses or symptoms? • Within the last 3 weeks - measles, rubella, mumps, shingles, chickenpox • Within the last month - diarrhea with fever • Within the last 6 months - infectious mononucleosis, fifth disease

To prevent infection with measles, rubella, and mumps viruses, people who have recovered from measles, rubella, mumps, shingles, or chickenpox within three weeks should not donate blood. To prevent infection with bacteria through blood transfusions, people who have had severe food poisoning-like diarrhea accompanied by fever within one month should not donate blood. Suspected cases of Yersinia infection have been reported in Japan, and people who have been confirmed to have Yersinia infection should not donate blood for six months. According to a report from the United States, the risk of death is approximately 1/9 million per unit of transfusion. To prevent infection with Epstein-Barr virus (EBV), people should not donate blood for six months after the symptoms of infectious mononucleosis have disappeared. Although appropriate testing methods for this virus have not been established worldwide, it is a virus that most people in Japan have been infected with, and approximately 80% of people aged 2 to 7 years and almost 100% of adults test positive for antibodies to it. Infection through blood transfusions generally does not produce symptoms, and no cases have been reported in Japan, although a few cases of infectious mononucleosis and hepatitis have been reported overseas.

In addition, to prevent infection with human parvovirus B19, people should not donate blood for six months after the symptoms of ring disease (erythema infectiosum) have disappeared. In Japan, about 50% of adults are antibody positive for this virus, and the frequency of viremia is low (according to domestic reports, it is 1 in 4,000 during epidemic periods), so the risk of infection through blood transfusion is very low. Even if symptoms appear, they are acute and transient and do not become severe. However, if a patient with hemolytic anemia or a patient in an immunosuppressed state becomes infected, there is a risk of developing severe anemia (pure red cell aplasia), and if a fetus becomes infected in the womb, it may cause miscarriage or fetal hydrops.

9 Has anyone in your family, workplace, school, etc. had hepatitis or fifth disease (erythema infectiosum) within the past month?

To prevent infection with hepatitis A virus (HAV) or hepatitis E

virus (HEV), if you have a family member or coworker who has had hepatitis A or E within the past month, you should not donate blood for one month. Infection is usually caused by oral ingestion, but viremia can occur during the incubation and acute stages, and infection can occur through blood. Similarly, to prevent infection with human parvovirus B19, if you have a family member or coworker who has had fifth disease (erythema infectiosum) within the past month, you

10 Have any of the following happened to you in the past 6 months? ① Have you had a piercing or tattoo? ② Have you accidentally stuck yourself with a used needle? ③ Have you had sexual or other intimate contact with someone who is persistently infected with the hepatitis virus (a carrier)?

In order to prevent infection with the hepatitis B virus (HBV) and hepatitis C virus (HCV) as much as possible, people who may have been exposed to the blood or bodily fluids of others, or who have had close contact with a virus carrier within the past six months, should not donate blood. Currently, it is said that the high risk of contracting the hepatitis virus is caused by sharing syringes, piercing or tattooing with instruments that have not been sufficiently sterilized, and sexual contact with random partners. However, it is very unlikely that you will become infected in your daily life. In addition, it is very unlikely that you will become infected with the hepatitis C virus through sexual contact.

11 Have you had any of the following illnesses within the past year, or are you currently undergoing treatment for them? Trauma, surgery, liver disease, kidney disease, diabetes, tuberculosis, sexually transmitted diseases, asthma, allergies, other

In order to ensure the safety of both the donor and the recipient, those with diseases that may cause side effects during blood collection or have a risk of adversely affecting the donor's health may be asked to refrain from donating blood. In addition, those who have undergone major surgery requiring thoracic, abdominal, or cranial openings, or those with open fractures, may be asked to refrain from donating blood for six months. Those with asthma, allergies, etc. may also be asked to refrain from donating blood if the medication they are taking may have an adverse effect on the patient.