

Get ready to register!

✓ YOU CAN SIGN UP IF YOU ARE:

- 18-55 years of age
- Willing to donate to any patient
- Permanently living and willing to travel within the USA
- NOT an active member of the military, Reserves, Coast Guard, National Guard, or ROTC
- NOT already registered as a donor
- Do NOT exceed the height/weight ratio listed below

| Height | Max Weight | Height | Max Weight | Height | Max Weight |
|--------|------------|--------|------------|--------|------------|
| 4'10" | 191 | 5'7" | 255 | 6'4" | 328 |
| 4'11" | 198 | 5'8" | 263 | 6'5" | 339 |
| 5'0" | 204 | 5'9" | 270 | 6'6" | 345 |
| 5'1" | 211 | 5'10" | 278 | 6'7" | 355 |
| 5'2" | 218 | 5'11" | 286 | 6'8" | 363 |
| 5'3" | 225 | 6'0" | 295 | 6'9" | 374 |
| 5'4" | 233 | 6'1" | 301 | 6'10" | 381 |
| 5'5" | 240 | 6'2" | 310 | 6'11" | 392 |
| 5'6" | 247 | 6'3" | 321 | | |

✗ YOU ARE NOT ELIGIBLE IF YOU HAVE:

- Autoimmune disorders like lupus, rheumatoid arthritis, multiple sclerosis, or fibromyalgia
- Chronic or severe back, hip, or neck problems
- Diabetes requiring insulin or injectable medication
- Epilepsy or other seizures within past 6 months
- Had a severe concussion, more than 6 concussions, or a history of traumatic brain injury
- Hepatitis B or C
- History of blood clotting or bleeding disorders, including Factor V Leiden
- History of heart surgery or heart disease
- History of serious mental health condition such as schizophrenia, schizoaffective disorder, or delusional disorder
- History of stroke, including TIA
- HIV
- Serious or chronic kidney or liver disease
- Personal history of cancer (exceptions: Stage 0 (in situ) melanoma, breast, bladder, cervical, and cured localized skin cancer such as basal cell or squamous cell carcinoma); or if ever received chemotherapy or external radiation
- Received a solid organ, marrow, or stem cell transplant
- Severe asthma (daily inhalers are acceptable)
- Other medical conditions that may affect your general good health. Please clarify with a DKMS representative or volunteer before you register.

WHEN CALLED, BE WILLING TO DONATE EITHER OF THESE WAYS:



PERIPHERAL BLOOD STEM CELL (PBSC) DONATION

A non-surgical, outpatient procedure similar to donating platelets. Blood is drawn through one arm and passed through a machine that filters out the blood stem cells, and returned through the other arm. This procedure can take up to 8 hours. Prior to donation, injections are given to boost stem cell production. This is the more commonly requested method.



BONE MARROW DONATION

A 1-2 hour surgical procedure performed under general anesthesia. Marrow cells are collected from the back of the pelvic bone using a syringe.



TRAVEL: DKMS will arrange and pay for your travel to one of our partner centers for the physical exam and for the donation. This may include air travel and an overnight stay in a hotel.



TIME: A DKMS coordinator will work with you over the course of 4-6 weeks to schedule appointments, including a physical exam and blood draw. You will need to take some time off from work or school - but the end result is that you're giving a patient a second chance at life! We also provide a lost wage compensation program.



SIDE EFFECTS: PBSC donors may experience side effects such as headaches and body aches as a result of the injections. Bone marrow donors may experience back pain, fatigue, headaches, or bruising.



RECOVERY TIME: Most donors are able to return to school or work within a few days of donation. You should avoid strenuous exercise or heavy lifting for two weeks.

Assessment Tool

