

Blood Donation and PrEP



What is PrEP?

PrEP, or pre-exposure prophylaxis, is a highly effective combination of medications that prevent HIV infection when taken as prescribed. It is a recommended tool for maintaining sexual health.



Can I donate while on PrEP?

Currently, there is a four-month deferral period for individuals using PrEP. The medications in PrEP can affect the sensitivity of screening tests, making it harder to detect low levels of HIV.

In its apology to 2SLGBTQIA+ communities in May 2024, Canadian Blood Services is committed to evolving policies, practices, and interactions to be as inclusive as possible. Canadian Blood Services is actively collaborating with researchers to better understand how PrEP impacts screening tests and to explore ways to reduce the deferral period for PrEP users.



Can people who are U=U donate blood?

Unfortunately, no. U=U, or “undetectable equals untransmittable,” means that individuals living with HIV who have undetectable viral loads cannot sexually transmit the virus. However, blood donation involves a greater volume of blood, which increases the likelihood of transmission if any HIV is present, even at undetectable levels. For this reason, individuals who are U=U are currently ineligible to donate blood.



Learn more at **blood.ca**



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