

# Blood Donation, Multiple Partners, and Anal Sex

## What should I consider about multiple sexual partners when donating blood?

The risk of acquiring sexually transmitted infections like HIV or Hepatitis C increases with new or multiple sexual partners. Blood donors are asked if they've had new and/or multiple sexual partners in the last three months.

If the answer is yes, donors are asked: ***"Have you had anal sex in the last three months?"***

If you have had anal sex but with the same partner for at least three months—or have not had multiple partners in this time—you can proceed with the donation process.

If you've had anal sex with new or multiple partners, you must wait three months from the last instance to donate. This waiting period reduces the chance that recent infections go undetected during screening.

## What about polyamorous relationships when donating blood?

Donor eligibility criteria currently do not distinguish between new or long-term multiple partners. If you've engaged in anal sex with one or more partners in the last three months, you'll need to wait three months before donating.

## Why is anal sex a focus for sexual-behaviour screening?

Receptive anal sex carries a higher per-act risk of HIV transmission compared to other sexual activities. Screening questions around anal sex help ensure safety by reducing overall risks.



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