This information sheet explains how YOU can help us make the donation process safe for yourself and patients who might receive your blood.

If you have questions now or anytime during the screening process, please ask center staff

PLEASE READ THIS INFORMATION BEFORE YOU DONATE!

ACCURACY & HONESTY ARE ESSENTIAL!
Your complete honesty in answering all questions is very important for the safety of patients who receive your blood. All information you provide is confidential.

DONATION RISKS (These are not common)
Some of the risks and/or problems associated with donating include: Itching at the site from an allergy to iodine, bruising (hematoma), pain or nerve damage at the site, dizziness or lightheadedness, nausea and/or vomiting, rapid pulse rate, convulsions or cardiac arrest.

POSSIBLE SIDE EFFECTS FOR PLATELET AND DOUBLE RED BLOOD CELL COLLECTIONS
Collection of platelets and two units of red blood cells from normal volunteer donors has been shown to be safe for the donor and to result in effective blood components for transfusion. Most donors experience no discomfort associated with the procedure. Donor discomfort appears to result principally from the side effects of the anticoagulant but may include those of red blood cell loss during double red cell procedures. Side effects are minimal but may include: tingling around the mouth and face, feeling cold, light headedness, a bruise around the needle insertion site. Less likely side effects could include: nausea, vomiting, fainting, or muscle cramps.

DONOR ELIGIBILITY

YOU MAY DONATE IF YOU:
Are in good health
Have no significant heart disease
Have no exposure to hepatitis, AIDS or any other disease that may be passed by blood
Have not donated whole blood in the past 8 weeks
Have not donated double red cells in the past 16 weeks

YOU MAY NOT DONATE IF YOU:
Have had AIDS or a positive HIV test
Have participated in activities that put you at risk for acquiring AIDS, including:
  Any male who has had sexual contact with another male, even once since 1977
  Anyone who has have ever taken money, drugs or other payment for sex since 1977
  Past or present IV drug users (including steroids)
Have had sex in the last 12 months with anyone who participated in the high risk activities listed above
Have any of the following conditions that can be signs or symptoms of HIV/AIDS:
  Unexplained weight loss or night sweats
  Blue or purple spots in your mouth or skin
  Swollen lymph nodes for more than one month
  White spots or unusual sores in your mouth
  Cough that won’t go away or shortness of breath
  Diarrhea that won’t go away
  Fever of more than 100.5°F for more than 10 days
Have had hepatitis since your 11th birthday
Had syphilis or gonorrhea in the past 12 months
Have been in juvenile detention, lockup, jail or prison for more than 72 hours in the last 12 months
Had a tattoo or body piercing in the last 12 months
Remember that you CAN give HIV to someone else through blood transfusions even if you feel well and have a negative HIV test. This is because tests cannot detect infections for a period of time after a person is exposed to HIV. If you think you may be at risk for HIV/AIDS or want an HIV/AIDS test, please ask for information about other testing facilities.

Why we ask questions about sexual contact (as required by federal regulations)
Sexual contact may cause contagious diseases like HIV to get into the blood stream and be spread through transfusions to someone else. Definition of “sexual contact”: the words “have sexual contact with” and “sex” are used in some of the questions we will ask you, and apply to any of the activities listed below, whether or not a condom or other protection was used:
- Vaginal sex (contact between penis and vagina)
- Oral sex (mouth or tongue on someone’s vagina, penis or anus)
- Anal sex (contact between penis and anus)

Travel to or Birth in Other Countries:
Blood donor tests may not be available for some contagious diseases found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.

**PLEASE DO NOT DONATE TO GET AN HIV TEST!**

**DONATION PROCESS**

**Registration:** PHOTO ID must be presented prior to donation to identify you at every donation.

**Interview:** to determine if you are all right to donate we will:
- Ask questions about health, travel and medicines.
- Ask if you are 17 years old or older (eligible at 16 years old with parental consent) and weigh at least 110 pounds
- Ask questions to see if you might be at risk for hepatitis, HIV or AIDS

**Mini-physical**
- Take your blood pressure, temperature and pulse
- Take a small blood sample to make sure you are not anemic

**Phlebotomy**
You will be seated in a donor chair, a tourniquet will be applied to your arm, and a suitable vein located
The site will be cleaned with an antiseptic (Please tell us if you are allergic to iodine)
A sterile needle will be gently inserted into your vein and the blood will be collected in a sterile bag for 5-15 minutes
After donation, a pressure bandage will be applied to the site and you may rest and enjoy some refreshments

**WHAT HAPPENS AFTER YOUR DONATION**

1. Your blood is tested for: Hepatitis B and C, HIV, HTLV (associated with a virus that causes leukemia), syphilis, West Nile Virus, Chagas and blood type.
2. If your blood tests positive it will not be given to a patient. It will be thrown away.
3. You will be notified about test results that may disqualify you from donating in the future. Since confirmatory tests are necessary, it may take up to six weeks before notification.
4. If your blood tests positive, your name will be put on a confidential list of deferred donors. When required, we will report your donor information, including test result, to health departments and regulatory agencies as required by law.
5. In some instances, such as when not enough blood is taken for a sample, testing for infectious diseases is not possible. You cannot assume your results are negative because testing may not have been performed. If testing cannot be performed, your unit of blood will be discarded.
6. To ensure confidentiality, NO test results (including blood type) will be given by phone. Written approval from you will be required before test results are released.

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