

For Parents and Students: Information About Donating Blood

Minor Donor Permit

Every day people like you need blood: students, teachers, family and friends! And when blood is needed, blood must be there. It cannot be manufactured; the only source is generous volunteers like you!

COMMON QUESTIONS ABOUT BLOOD DONATION

Q: Who might use blood?

A: Everybody. In fact, it's estimated that six out of every 10 people will need blood or blood components during their lives.

time includes the interview before the donation and refreshments afterward. For your safety, you must stay in the refreshment area at least 15 minutes following the donation.

Q: Is it safe? Does it hurt?

A: Donating blood is safe. All materials are used once, then discarded. You cannot get any infectious disease by donating blood. Most people feel fine after they give. The actual needle stick (venipuncture) hurts no more than a pinch.

Q: How much can I give?

A: Every donor is evaluated individually with safety in mind! When you donate whole blood, one pint is collected. Depending on your gender, height, weight and total blood volume, you can give up to 2 pints in an automated blood collection. For example, one donor may be able to donate two units of Red Blood Cells, another may donate one unit of Platelets and one unit of Plasma.

Q: How long will it take?

A: The entire donation process takes about 60 minutes; automated donations take longer. The

BLOOD DONOR QUALIFICATIONS

In general, volunteer blood donors must be 16 or older and in good health.

Height/Weight Restrictions for Donors Age 16-22 Eligibility is Based on Estimated Total Blood Volume

Males **between 16 and 22: you must be at least 5' tall and weigh at least 110 pounds.**

Females **between 16 and 22: If you weigh at least 110 but are shorter than 5'6", please refer to this chart*:**

Females who are:	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"
Must weigh at least:	148	143	138	135	130	125	120	115

*Shorter people must weigh more to achieve a 3500 mL blood volume.

ON THE DAY OF DONATION:

- If you are 16, bring this signed Minor Donor Permit when you donate. The signature block is on page 2. (Some states and schools may require signed parental consent for 17-year-old donors as well.)
- DONORS MUST SHOW ID containing given name and one of the following: birth date, blood center assigned donor number or photo.
- You must pass the physical and health history examination given prior to donation. If you have any questions regarding your eligibility to donate, please check with your Blood Drive Coordinator or the blood center.
- Eat a healthy meal before donating, even if you do not normally eat three meals a day.
- Drink 16oz of water 10-30 minutes before donating. (Soda, coffee and tea don't count!)



Blood Donation: the Process

Whole Blood Donation

Blood is collected from a vein in the arm into a bag specially designed to store blood. Typically, each donated unit is separated into multiple components, most often Red Blood Cells and Plasma. Whole blood donation is the most common way to donate blood. We also use special machines for automated blood collection.

Automated Blood Collection Methods

With automated blood collection equipment, the blood center can collect the exact components that patients need, and can collect more of these specific components than can be separated from a unit of whole blood. Blood is collected from a vein in the arm and passed through an apheresis instrument that separates the blood into its components. While the blood is being collected, a small amount of anti-coagulant (citrate) is added to the blood to prevent clotting during the procedure. After the targeted component(s) is/are collected, the remainder of the blood is returned to the donor. The donor may receive saline solution to help replace fluid lost during the automated collection. The body naturally replaces the components that are donated: plasma within several hours, platelets within 24 hours and red cells in about 56 days (112 days for 2-unit Red Blood Cell donation). The amount of white blood cells lost through donation is too small to be significant, although the long term effect of white blood cell depletion remains unclear.

Some Potential Side Effects

There are rarely any serious complications to the donor. However, as in any medical procedure, there are certain risks involved. Potential side effects of both whole blood and automated blood collection include fainting, dizziness, nausea, vomiting, bruising or redness in the area of the venipuncture and iron deficiency. More serious reactions may include seizures and, rarely, nerve injury in the area of the venipuncture. While a small proportion of blood donors have adverse reactions (overall reaction rate of 1.43%), donors aged 16 to 22 do experience a higher prevalence of reactions (about 5%). To lessen the likelihood of a reaction, the blood center evaluates eligibility for these donors based on weight and height to determine blood volume. The chart on page 1 indicates whether your blood volume is sufficient for you to donate. Please review it carefully.

Our staff are specially trained to respond to donor reactions. We also work to prevent them by having donors drink water just before they give and showing them special muscle tensing exercises. In addition, during automated blood collections some common side effects that are easily resolved are due to the anticoagulant and include numbness and tingling sensations, muscle cramping and chilliness. Other possible complications include fatigue, decreased exercise tolerance for 3-5 days, and very rarely, allergic reaction, shortness of breath, chest pain, decreased blood pressure, hemolysis and air embolism.

If you have any questions, please contact the blood center.

Minor Donor Permit

Please be sure that you and your child have read the information provided. If required by your state or school, your child must bring this signed Minor Donor Permit form in order to donate.

I have read the information provided about donating blood. I give my permission for my child to donate and for that donation to be tested as explained below.

A sample from each blood donation will be typed and tested for hepatitis, syphilis, HIV (AIDS) and HTLV and other infectious agents as required by regulations. These tests are performed to protect the patients who receive blood. Positive test results will be disclosed as authorized by law, and the donor will be notified. In some cases, blood center staff may need to discuss test results with the donor. Per California law, it is the donor's decision whether his/her parents are to be included in that discussion.

Minor Donor's Name (Please Print)

Signature of Parent/Guardian

Date

On the day my child donates, I can be reached at this phone number.

Parent/Guardian's Name (Please Print)