

For Parents and Students: Information About Donating Blood

Minor Donor Permit

Every 2 seconds someone needs blood. The lives and health of area patients depend on volunteers to donate blood. And when blood is needed, blood must be there. It cannot be manufactured; the only source is generous volunteers like you! Please review the following information and give your child permission to donate the Gift of Life.



COMMON QUESTIONS ABOUT BLOOD DONATION

Q: Who might use blood?

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

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 long will it take?

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

BLOOD DONOR QUALIFICATIONS

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

Height/Weight Restrictions for Donors Eligibility is Based on Estimated Total Blood Volume							
Males: you must be at least 4'10" tall and weigh at least 111 pounds.							
Females: If you weigh at least 110 but are shorter than 5'5", please refer to this chart*							
Females who are:	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"
Must weigh at least:	139	135	131	126	122	117	113
* Shorter people must weigh more to achieve a 3400 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 permission 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 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 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 components. While the blood is being collected a small amount of anticoagulant (citrate) is added to the blood to prevent clotting during the procedure. After the targeted components(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 donations 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 collections 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 is 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 (destruction of red blood cells) and air embolism (air leaking into blood vessels and heart).

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 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.

Signature Block:

Print Minor Donor's Name	Signature of Parent/Guardian/Date
Print Parent/Guardians Name	On the day my child donates, I can be reached at this number: