

Parent Consent Form

Every day people like you need blood: students, teachers, family, and friends! The only source is generous volunteers like you! In fact, high school students donate over 18,000 lifesaving pints of blood with BloodSource each year!

COMMON QUESTIONS ABOUT BLOOD DONATION

Q: Is blood donation safe? Does it hurt?

A: Donating blood is safe. All materials are used once, and 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 process takes about 60 minutes, including the interview before and refreshment time after donation; automated donations take longer.

For your safety, you must stay in the refreshment area at least 15 minutes following your donation.

Q: How much can I give?

A: Every donor is evaluated individually with safety in mind! When you donate whole blood, one unit, about a pint is collected. Depending on your gender, height, and weight, you may be able to give more with automated blood collection.

BLOOD DONOR QUALIFICATIONS

In general, volunteer blood donors must be 16 or older, weigh at least 110 pounds and be in good health.

Blood Donation: The Process

Whole Blood Donation

Blood is collected from an arm vein into a bag specially designed to store blood. Typically, each unit is separated into multiple components, usually RBCs 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 equipment, the blood center can collect the exact components that patients need. Blood is collected from an arm vein and passed through an apheresis instrument that separates the blood into its components. During donation, a small amount of anticoagulant (citrate) is added to the blood to prevent clotting. 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 collection. The body naturally replaces the donated components: 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 number of white blood cells lost is small.

Some Potential Side Effects

Serious complications are rare. However, as in any medical procedure, there are certain risks. 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 in individuals making 3 or more donations a year. 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%). Other possible complications include fatigue, decreased exercise tolerance for 3-5 days and, very rarely, allergic reaction, shortness of breath, chest pain, and decreased blood pressure.

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. Less common complications include hemolysis and air embolism.

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

STUDENTS: Take these steps on the day of donation for a good blood donation experience.

- **Bring your signed parent consent form or turn it in ahead of time per school policy.** The signature block is below. Some schools may require parental consent for 18-year-old donors as well.
- BRING A PICTURE I.D. (driver's license or student body card)
- You must pass the physical and health history examination given prior to donation. If you have any questions regarding your eligibility, please call 866.822.5663 to speak to one of our nurses.
- Eat a healthy meal before donating, even if you do not normally eat three meals a day.
- Drink 16 ounces of fluid 30 minutes before donating (soda, coffee, and tea don't count!).

PARENTS/GUARDIANS: Help your student have a good blood donation experience.

The Day Before Donation: Make sure your student eats a salty snack, like chips or pretzels, and has a meal that is higher in sodium, such as, canned soup, pizza, etc. Physicians recommend this because donors lose about a gram of sodium during donation. Replacing some of that sodium ahead of time makes donors thirsty. Being well-hydrated helps donors maintain blood volume and can prevent dizziness or fainting.

The Day of Donation: Make sure your student has a light meal and is well hydrated before donating, and encourage your student to carefully follow our directions.

Our staff is specially trained to respond to donor reactions. We will:

- Ask your student about their health, medication use, sexual behavior, travel and other risk factors for infectious disease during a private and confidential interview.
- Teach your student muscle tensing exercises to use during and after donation.
- Provide your student post-donation instructions.
- Provide refreshments & snacks.
- Tell your student to spend at least 15 minutes in our refreshment area.

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

A sample from each blood donation will be tested for HIV (AIDS), HTLV, hepatitis, syphilis, 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. BloodSource medical professionals are mandated by California law to report abuse and/or neglect involving anyone under the age of 18. Our blood center participates in research to improve blood safety. We may use your donor history information and a sample of your blood, in a confidential manner, for blood safety research, as described within research information document(s) available on our website. We are required to get parental consent for both 16- and 17-year old donors for this research.

I give my permission for my student to donate and for that donation to be tested as explained above.

(PLEASE SIGN IN BLUE OR BLACK INK ONLY)

Parent/Guardian's Name (Please Print)

Signature of Parent/Guardian

Date

Student/Minor's Name (Please Print)

On the day my student donates, I can be reached at the phone number listed above.

Donor's Date of Birth:

Donor's Age:

