



Information for Students and Parents
What You Need to Know About Giving Blood

Thank you for your interest in becoming a blood donor. Your donation is a lifesaving gift, and we want to make your blood donation a pleasant and rewarding experience. Please read this document before beginning the donation process. *Be sure to share this information with your parent(s) or guardian(s) and have them sign the permission below. This permission will remain in effect until you are 18 years of age unless revoked, in writing, by your parent/legal guardian. Upon 18 years of age you will no longer need parental consent to donate blood.* We encourage you to ask the Blood Center staff any questions you have about giving blood. The entire donation process takes approximately 1 hour. Each unit of blood donated is separated into components which can help save three lives.

There are three steps to the donation process:

Step One - THE MEDICAL EVALUATION

The purpose of the medical interview is to determine if it is safe for you to give blood and if your blood will be safe for a patient to receive. **Please note:** In order to safeguard the blood supply, technicians and nurses are required to ask all donors, regardless of how many times they have donated in the past, specific questions about their medical history and sexual behavior - including any activity that may have increased the risk of HIV / AIDS. In addition, all blood is tested for evidence of transmissible infectious agents such as HIV and hepatitis viruses. However, there are circumstances in which infectious disease tests cannot be performed. **All information is kept strictly confidential.**

The blood collection technician will:

- Review your medical history
- Perform a brief physical exam (blood pressure, temperature, pulse)
- Take a few drops of blood from your finger to measure your blood count

Step Two - THE BLOOD DONATION

The blood collection technician will:

- Use only new, sterile, disposable equipment for each step of the donation process
- Draw one unit (pint) of blood
- Clean and bandage your arm

It usually takes about 7 - 15 minutes to withdraw one unit (pint) of blood.

Step Three - FOLLOWING DONATION

Following the blood donation, we ask you to:

- Read the Donor Instructions, and be sure to take them with you when you leave
- Spend 10-15 minutes in the refreshment area drinking juice and eating crackers or cookies, provided by the Blood Center
- Make sure you are feeling well before you leave. If you are not feeling well, inform the attendant.

During and after giving blood, most donors feel fine. Occasionally, a donor may experience weakness, dizziness or fainting. Such cases often can be avoided by eating a good meal and drinking fluids within four hours prior to donating. In other cases, a donor may experience some tenderness, bruising, bleeding or infection at the site where the needle was inserted. Remember, it is not possible to contract any disease from donating blood.

If you have any questions or problems, please call the Blood Center Staff at (206) 292-2543 or 1-800-DONATE-1, ext. 2543

PUGET SOUND BLOOD CENTER • 1-800-DONATE-1



PERMISSION FOR MINORS
Sixteen and Seventeen year old donors
to donate blood

Tear Along Dotted Line

Bar Code Unit #

THIS PERMISSION WILL REMAIN IN EFFECT UNTIL THE DONOR IS 18 YEARS OF AGE UNLESS REVOKED, IN WRITING, BY THE PARENT/LEGAL GUARDIAN

Donor's **First** and **Last** Name: _____ has my permission to donate blood.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Daytime Phone: _____ Evening Phone: _____

In order to donate blood, donors must have:

- Photo identification showing date of birth
- Signed Puget Sound Blood Center permission form.

Basic donor guidelines:

- At least 16 years of age on the date of the blood donation campaign.
- At least 110 pounds.
- Eat a well balanced meal, including plenty of fluids 3 – 4 hours prior to your donation.
- No colds, sore throat or flu symptoms (specific medications and other diseases will be individually evaluated)