

BLOOD DONOR PARENT/GUARDIAN PERMISSION/CONSENT FORM

**FOR LIFELINE STAFF
USE ONLY:**

Donor ID: _____

Your child has expressed an interest in donating blood. It is a requirement that students provide written permission from a parent or guardian. Please read the following information. If you have any questions, please feel free to call 1-800-924-6572 or 427-4431 and ask for Donor Services.

Important information about donating blood:

Blood donors must be in good health, at least 17 years old, weigh at least 110 pounds and have a picture ID when presenting. Females ages 17 and 18 may only donate whole blood once every 6 months. Donors will have to answer a series of very personal questions about their sexual activity, use of drugs, medications that they are taking, travel outside the U.S., and questions that promote a safe donation and safe blood for the patient.

Donating blood is a safe and simple process. Most people experience no reaction after donating blood, but reactions do occur. Occasional risks in blood donation include light headedness, vomiting, fainting, nausea, hematoma (bruising), infection, and possible nerve damage. Although extremely rare, severe complications could occur up to and including fatality. To reduce the chance of these reactions, we recommend that your student follow these guidelines:

- ~ **Get a good night's sleep before the blood drive.**
- ~ **Eat well and drink plenty of fluids the day before the drive.**
- ~ **Eat within 4 hours before donating blood**
- ~ **Drink at least 16oz. of caffeine free fluid 2-3 hours before donating.**

Maintaining iron stores in your body is extremely important. Donating blood also reduces iron stores. To make new red blood cells, your body either uses iron already stored in your body or uses iron that is in the food you eat. You may have a normal amount of hemoglobin and be allowed to donate blood even though your body's iron stores are low.

How low iron stores may affect me? There are several possible symptoms associated with low iron stores. These include fatigue, decreased exercise capacity, craving of unusual foods (ice, chalk), pale skin, rapid heartbeat, chest pain, dizziness, shortness of breath, irritability and headache.

What can I do to maintain my iron stores? Iron can be replaced by eating iron rich foods. Consuming foods rich in vitamin C along with iron can help your body absorb the iron more effectively. Taking multivitamins with iron or iron supplements may also help replace iron stores.

Donated blood is tested for infections that can be transmitted by transfusion. These include HIV, hepatitis, syphilis, and other relevant transfusion-transmitted infections. Your child will be notified if positive results are found and may be contacted for follow-up testing. Occasionally blood is tested using research tests being developed for blood donor screening. A separate explanation is provided when we are doing this kind of research.

**We hope that you support your child's decision to donate blood.
They are showing civic responsibility, maturity and a sense of community pride by donating blood.**

Please use ink to complete this form

Name of Student: _____ **Date of Birth:** _____ **Current Age of Donor:** _____

Telephone number where Parent/Guardian can be reached: _____

- ◆ The minor listed above is at least 17 years old.
- ◆ I have read and understand the information provided to me about blood donation.
- ◆ I understand that the minor listed above will answer confidential questions regarding their health history.
- ◆ I understand that all donated blood is tested for ABO blood typing, syphilis, HIV and other blood borne diseases.
- ◆ I understand that positive test results will be disclosed as authorized by law, and the donor will be notified.
- ◆ I give my permission / consent for the minor listed above to make a voluntary, uncompensated donation of blood to LIFELINE Blood Services.

X _____
Signature of Parent/Guardian

Print Name of Parent/Guardian

Date