American Red Cross Washington, DC 20006	**Parental Consent for Blood Donation**	American Red Cross

Information
This form must be completed by a parent or legal guardian for blood donation by a minor when parental consent is required by state law or American Red Cross policy.

Please call us at **1-800-RED-CROSS (1-800-733-2767) or visit www.redcrossblood.org** if you have questions or concerns about the blood donation process.

In giving consent for your son, daughter, or ward to donate blood, you have two options:

1. You may consent to whole blood donation only, or
2. You may consent to both whole blood donation and apheresis *(see back of form for details)*

Parental Consent
I have read and understand

- The information on the back of this form
- "A Student's Guide to Blood Donation"
- Any research-related study sheets that may be provided

Please Complete Section 1 OR Section 2 (Please use medium-point black pen.)

1. Whole Blood Donation Only:
I hereby give permission for my son, daughter, or ward to make a whole blood donation to the American Red Cross.

Donor Name: (son, daughter, or ward) _____
Print Name

Parent/Guardian Name: _____
Print Name

Parent/Guardian Signature: _____
Signature *Today's Date (mm/dd/yyyy)*

Optional Parent/Guardian Phone Number: _____
Where you can be reached on day of donation

2. Whole Blood Donation and Apheresis:
I hereby give permission for my son, daughter, or ward to give blood by either whole blood donation or apheresis.

Donor Name: (son, daughter, or ward) _____
Print Name

Parent/Guardian Name: _____
Print Name

Parent/Guardian Signature: _____
Signature *Today's Date (mm/dd/yyyy)*

Optional Parent/Guardian Phone Number: _____
Where you can be reached on day of donation

For American Red Cross Use Only WBN/DIN ➔ | |

Information for Parents
Please read the information below, which supplements the brochure called "A Student's Guide to Blood Donation."

Donor Screening
- We will ask your son, daughter, or ward questions about his or her health and medication use, sexual behavior, travel, and other risk factors for infectious diseases during a private and confidential interview.
- Every donation is tested for HIV (the virus that causes AIDS), hepatitis B and hepatitis C viruses, and other infectious diseases.
- If any test result or response to the questions suggests that your son or daughter is disqualified from donating blood in the future or may have an infectious disease, his or her name will be added to a confidential list of people who have similar test results or risk factors. When required, we report donor information, including test results, to health departments and regulatory agencies.
- The tests are very sensitive and detect most infections. But it is also possible that donors who are not infected will have falsely positive results. We are required to notify and disqualify donors even when subsequent test results indicate that the donor is not infected.
- We will communicate test results that disqualify your son or daughter from future donation directly with your son or daughter. We maintain the confidentiality of information we obtain about a donor and we will release a donor's confidential information to his or her parents only with the donor's consent.

Whole Blood Donation
- Each whole blood donation uses a new, sterile needle to collect about a pint of blood from a vein in the donor's arm.
- Most donors feel fine before and after donating blood, but some may have a lightheaded or dizzy feeling; an upset stomach; a black and blue mark, redness, or pain where the needle was; fainting or loss of consciousness and injury from related falls; or very rarely, nerve or artery damage.
- Young, first time, and/or low-weight donors are more likely to experience reactions than other donors.
- Blood donation removes iron and may cause or aggravate iron-deficiency anemia.

Apheresis (automated collection procedures, including two-unit (double) red cell collections)
- Apheresis is a type of blood donation in which we collect specific components of the donor's blood (platelets, plasma, or red cells). We place a needle in one or both of the donor's arms and use a machine to draw blood and separate it into different parts. One or several of the blood components are removed while the remainder and extra fluids are returned to the donor.
- Apheresis has the same risks as whole blood donation (see above). In addition, citrate is used during apheresis to prevent blood clotting. Citrate may cause chills, tingling sensations, feelings of anxiety, tremors, muscle cramping, numbness, nausea, vomiting, and/or convulsions. Donors may be given oral calcium supplements during the apheresis procedure to manage these symptoms. Very rarely, donors can experience allergic reactions (for example, skin rashes, hives, localized swelling, and/or flushing), air in the bloodstream, infection, or other complications.
- Repeated donation may result in iron depletion, anemia, fatigue, or changes in blood cell counts.

Research
- We may confidentially and anonymously use the information or leftover blood samples we collect from donors for medical research, such as research on ways to increase the safety of the blood supply.
- By giving your son or daughter permission to donate blood, you are also consenting to the use of the donation and donor information for this type of research.

System 15: Collection/Procurement

Letter: A Student's Guide to Blood Donation

What Guide provided to high school donors and young donors preparing them for blood donation

Who Staff who assemble or provide written donor information, special consent forms, and fact sheets for donors before donation

Instructions

- Provide a copy of "A Student's Guide to Blood Donation" with the required donor reading materials for all donors who are high school students or under age 19.

Revision History

Revision Number	Summary of Revisions
1.0	Initial version. Document converted from 14.4.ref036.

A Student's Guide to Blood Donation

Why Should I Give Blood?
Because You Can Make a Difference!

Almost everyone during their life will know someone who needs a blood transfusion. They may be car accident or trauma victims, cancer or transplant patients, or people with sickle cell disease or other blood disorders. There is no substitute and still only one source of blood for transfusion – volunteer blood donors.

This guide will provide you with information about measures you can take before, during, and after donation for a good experience.

Learning more about blood donation and knowing what to expect should improve your donation experience.

What Happens During the Blood Donation Process?

1. Registration

- Remember to bring your photo ID and, if required, the signed parental consent form.
- Bring the names of medications that you are taking.
- Bring a list of the places you have traveled outside the US and Canada in the last 12 months.
- Read the educational materials about donating whole blood or apheresis.
- Ask Red Cross staff if you have questions.

2. Health History & Mini Physical

- You should feel healthy and well, and meet other criteria.
- We will take your temperature, check your blood count, and measure your blood pressure and pulse.
- We will ask you questions during a private and confidential interview. This protects your health and the safety of patients who receive blood transfusions.

3. Donation

- We will cleanse an area of your arm and insert a needle to draw whole blood.
- You can relax, listen to music, talk to other donors, or read while the blood is collected.
- After the collection, a staff member will remove the needle and place a bandage on your arm.

4. Refreshments

- You should spend 15 minutes or more enjoying refreshments in the recovery area.
- If you become dizzy or light-headed, stay in the recovery area and tell a staff member immediately.

American Red Cross

American Red Cross Biomedical Services
Process Owner: Senior Director, Blood Collections
Letter: A Student's Guide to Blood Donation

What Should I Do To Prepare?
Before Donation

Sleep: Get at least eight hours of sleep the night before your donation.

Eat: Eat a healthy breakfast or lunch - or both if your appointment is later in the day.

- Don't skip meals on the day of a donation.
- Make healthy food choices. Eat proteins (lean meat, cheese, and yogurt) or complex carbohydrates (bread, cereal, and fruit).
- Include iron-rich foods in your regular diet (red meat, fish, poultry, beans, iron-fortified cereals, and raisins).

Drink: Drink a few extra glasses of water or fluids in the days before you donate. Start the day with a bottle of water or a glass of orange juice.

If you drink water within 10-30 minutes before donation, you may be less likely to experience dizziness and light-headedness.

During Donation

Most people relax during donation and feel fine afterwards. Sometimes it helps to think about something else to distract your attention from the blood being drawn.

You may also be told to try a simple technique to tense and relax the muscles in your legs:

- Lift your legs (one at a time) off the donor bed.
- Hold for a few seconds, then repeat.
- Breathe normally.

If you practice this technique to tense and relax the muscles in your legs during the donation, you may be less likely to have a reaction.

Tell Red Cross staff immediately what you are experiencing and they will take care of you. There are ways to help prevent or limit discomfort with donation.

After Donation

Be sure to sit and relax in the refreshment area for 15 minutes or more and have a drink and a snack. Afterward, drink a few glasses of fluids to stay well-hydrated.

Most donors have uneventful donations and feel good about donating. Some people may experience light-headedness, dizziness, or an upset stomach that resolves soon after donation. Less commonly, a donor may faint after blood donation. If you feel faint, stop what you are doing and sit or lie down until you feel better.

Call the American Red Cross toll-free number provided to you after your donation if you have questions or concerns.

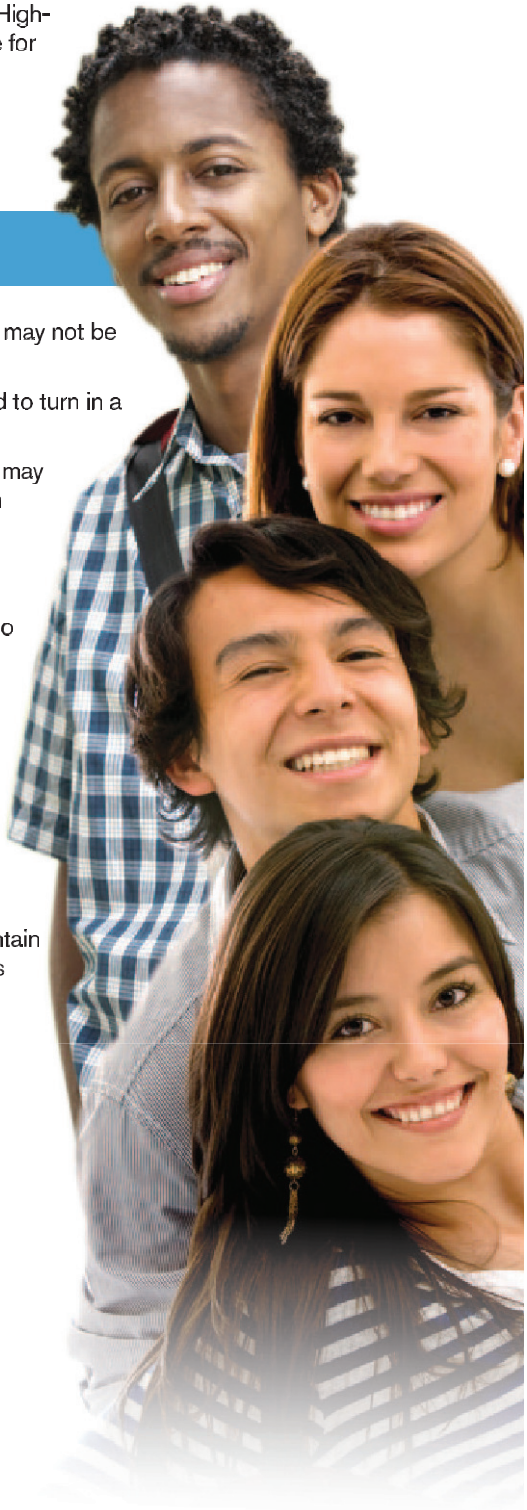
A Student's Guide to Blood Donation

Student Athletes

Student athletes should wait about 12 hours or more to resume strenuous exercise after blood donation, depending on how they feel. You temporarily lose fluid after donation which your body replaces within 24 hours or sooner if you drink extra fluids. As a precaution, do not donate blood on the same day of a competition or strenuous practice.

After a whole blood donation, your body replaces the red blood cells (the cells that deliver oxygen to muscles and tissues) within about 5 weeks, depending on nutrition and iron status. High-performance competitive athletes may notice a marginal decrease in exercise tolerance for about 1 week after a whole blood donation.

Plan ahead to best schedule your donation with sports and other activities.



Information for Parents

Parental permission is required for all 16-year-olds to donate blood. It may or may not be required for 17-year-olds depending on state laws and school requirements.

When we are required to obtain parental consent, your son or daughter will need to turn in a signed consent form to the donation site each time he or she plans to donate.

Most donors have uneventful donations and do fine afterwards. Some donors may become light-headed or dizzy during or after the donation or may faint or experience an injury requiring additional medical care. Young, first-time and/or low weight donors are more likely to experience reactions than other donors.

Every donation is tested for HIV (the virus that causes AIDS), hepatitis B and hepatitis C viruses, and other infectious diseases. If any test result or response to the questions suggests that your son or daughter is disqualified from donating blood in the future or may have an infectious disease, their name will be added to a confidential list of people who have similar test results or risk factors. When required, we report donor information, including test results to health departments and regulatory agencies.

The infectious disease tests are very sensitive and specific but **it is possible that donors who are not infected will have falsely positive results.** We are required to notify and disqualify donors even when subsequent test results indicate that the donor is not infected.

We will communicate test results directly with your son or daughter. We maintain the confidentiality of information we obtain about a donor, and we will release a donor's confidential information to his or her parents only with the donor's consent.

We may use information or residual blood samples we collect from donors confidentially and anonymously for medical research. Examples of this type of research include studies to increase the safety of the blood supply.

If you have questions about blood donation, please contact the American Red Cross.

American Red Cross

1-800-RED CROSS | redcross.org