



READ THIS BEFORE YOU DONATE!

We know that you would not donate unless you think your blood is safe. However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately. If you don't understand a question, ask the blood center staff. All information you provide is confidential.

To determine if you are eligible to donate we will:

- Ask about your health and travel
- Ask about medicines you are taking or have taken
- Ask about your risk for infections that can be transmitted by blood – especially AIDS and viral hepatitis
- Take your blood pressure, temperature and pulse
- Take a blood sample to be sure your blood count is acceptable

If you are eligible to donate we will:

- Clean your arm with an antiseptic. **Tell us if you have any skin allergies**
- Use a new, sterile, disposable needle to collect your blood

DONOR ELIGIBILITY – SPECIFIC INFORMATION

Certain diseases, such as AIDS and hepatitis, can be spread through sexual contact and enter your bloodstream. We will ask specific questions about sexual contact.

What do we mean by “sexual contact?”

The words “have sexual contact with” and “sex” are used in some of the questions we will ask you, and apply to any of the activities below, whether or not a condom or other protection was used:

- Vaginal sex (contact between penis and vagina)
- Oral sex (mouth or tongue on someone's vagina, penis, or anus)
- Anal sex (contact between penis and anus)

HIV/AIDS risk behaviors

HIV is the virus that causes AIDS. It is spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person for injecting drugs.

Do not donate if you:

- Have AIDS or have ever had a positive HIV test
- Have **EVER** used needles to take any drugs not prescribed by your doctor
- Are a male who has had sexual contact with another male, **IN THE PAST 12 MONTHS**

- Have **EVER** taken money, drugs or other payment for sex
- Have had sexual contact in **IN THE PAST 12 MONTHS** with anyone described above
- Have had syphilis or gonorrhea **IN THE PAST 12 MONTHS**
- Have been in juvenile detention, lockup, jail or prison for more than 72 consecutive hours **IN THE PAST 12 MONTHS**

Your blood can transmit infections, including HIV/AIDS, even if you feel well and all your tests are normal. This is because even the best tests cannot detect the virus for a period of time after you are infected.

DO NOT donate to get a test! If you think you may be at risk for HIV/AIDS or any other infection, do not donate simply to get a test. Ask us where you can be tested outside the blood center.

The following symptoms can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

DO NOT donate if you have these symptoms!

Travel to or birth in other countries

Blood donor tests may not be available for some infections that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.

WHAT HAPPENS AFTER YOUR DONATION

To protect patients, your blood is tested for several types of hepatitis, HIV, syphilis, and other infections. If your blood tests positive it will not be given to a patient. **There are times when your blood is not tested.** If this occurs, you may not receive any notification. You will be notified about any positive test result which may disqualify you from donating in the future. The blood center will not release your test results without your written permission unless required by law (e.g. to the Health Department).

Please do not donate to get tested for HIV/AIDS, hepatitis, or any other infectious diseases.

THANK YOU FOR DONATING BLOOD TODAY!

The Blood Center
(504) 524-1322



Risk of Post Donation Iron Deficiency

Thank you for coming to donate blood today.

We care about your health and want you to know that donating blood reduces iron stores in your body. In many people, this has no effect on their health. However, in some people, particularly younger women and frequent donors of either gender, blood donation may remove most of the body's iron stores. We want you to understand these issues more clearly.

1. What happens to me during a blood donation?

Red blood cells are red because of the way iron is carried in hemoglobin, a protein that brings oxygen to the body. Therefore, the removal of red blood cells during blood donation also removes iron from your body. The impact of this iron loss on your health varies among donors.

2. How does blood donation affect iron stored in my body?

Iron is needed to make new red blood cells to replace those you lose from donation. 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. Many women have only a small amount of iron stored in their body, which is not enough to replace the red blood cells lost from even a single donation. Men have more iron stored in their body. However, men who donate blood often (more than two times per year) may also have low iron stores.

3. Does the blood center test for low iron stores in my body?

No, the blood center does not perform testing to determine whether or not your iron stores are sufficient. The Blood Center performs a hematocrit test or hemoglobin test. **You may have deficient iron stores in your body and still have a normal hematocrit result at the time of donation.**

4. How may low iron stores affect me?

There are several possible symptoms associated with low iron stores. These include fatigue, decreased exercise capacity, and pica (a craving to chew things such as ice or chalk).

5. As a blood donor, what can I do to maintain my iron stores?

While eating a well-balanced diet is important for all donors, simply eating iron-rich foods *may not* replace all the iron lost from blood donation. If you experience any of the symptoms in section 4 and this is unusual for you, you should consult your physician.

Thank you for donating today!

The Blood Center

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