



Blood Donation Information and Guidelines

Thank you for joining our mission to transform lives. This information explains how you can help us make the donation process safe for you and ensure an ample and safe blood supply is available for patients.

IDENTIFICATION REQUIRED

Before you donate, we will ask you to show ID containing your name and one of the following: date of birth, donorID number or your photo.

BLOOD DONATION: THE PROCESS

You know that donating blood transforms lives. While there may be no direct benefit to you, your blood donation is essential to support patients in the community. Whole blood donation is the most common. But did you know that apheresis donations can make an extra impact?

Whole Blood Donation

During whole blood donation our specially trained staff will carefully insert a new, sterile, disposable needle into a vein on the inside of your elbow. The actual donation takes about 10 minutes. Once collected, your blood is tested, separated into components (red blood cells, plasma or platelets) and prepared for patient use.

Apheresis Donation

An apheresis donation allows our staff to collect only specific blood components, often in greater quantities. During this automated process, and using special equipment, your blood is collected and separated into the needed components. The remaining components are safely returned to you.

During apheresis, a small amount of anticoagulant (citrate) is added to the blood to prevent clotting. You may also receive saline solution to help replace fluids. Apheresis takes about 30 minutes to 2 hours depending on the component(s) collected.

Whether you decide to donate whole blood or give an apheresis donation, we will keep track of your accumulated red blood cell and plasma losses over time to be sure you aren't depleting your body of essential components and to determine how frequently you can safely donate.

COMPREHENSIVE BLOOD TESTING

- Before your blood is transfused to a patient, it will be tested for ABO blood type and Rh factor, unexpected antibodies to red blood cells, hepatitis B, hepatitis C, HIV-1/HIV-2, HTLV, syphilis, and West Nile virus.
- Additional tests may be performed to ensure donor or recipient safety, including but not limited to cytomegalovirus, cholesterol, T. cruzi, IgA, HLA antibodies, bacteria, special blood group antigens, ferritin or sickle hemoglobin. Research or investigational tests may also be performed. DNA technology may be used for some tests, but whole genome testing is not performed.

NOTIFICATION OF RESULTS

- You will be notified of any tests that result in your deferral from community blood donation and you will be told how long you will be deferred. Your name and other identifying information will be placed in a confidential deferred-donor directory.
- If you are under 18, your positive or inconclusive test results will be shared with you and your parents or guardians. If you are 16 or 17 years old and donate in California, your test results will only be shared with your parents or guardians with your permission.



- If required by law, positive test results will be reported to state and federal agencies, including the state health department.
- Anyone who tests positive for HIV will be provided with counseling and physician referral information.
- In order to interpret or better understand test results, we may contact you later for an additional blood sample.
- Because of their high sensitivity, screening tests may occasionally produce a false-positive result. Donors are notified of false-positive and/or indeterminate results that may affect donor eligibility even in the absence of disease.

INFORMED CONSENT

- Before you give blood, you will be asked to sign a statement acknowledging you have read and understand the information provided to you, and your questions were answered.
- If you give an apheresis donation, we will ask you to complete an additional informed consent that provides further details about this specific donation type.
- If you have any questions, please ask our staff during your interview. You may choose not to have your blood collected and leave at any time.

PRIVACY/CONFIDENTIALITY

- Please be completely honest in responding to the questions about your health and medical history. Any information you provide on the donor record that may disqualify you before you donate is confidential.
- Your donor record is subject to inspection by government and blood bank regulatory agencies.
- We protect the confidentiality of all personal registration information, medical information and testing results obtained during your blood collection. This information will be used for blood center operations, which includes blood product manufacturing, research, blood donation follow-up and recruitment, charitable activities, and rare donor identification. Personally identifiable information will be disclosed in furtherance of the stated blood center operations and will not be disclosed unless permitted by law (including but not limited to test result notifications, rare donor identification, and regulatory compliance).
- By providing your telephone number (including cell phone number), your email address, and other contact information, you expressly consent to be contacted by Vitalant or its representatives concerning your current or future potential blood donations, follow-up questions, your health information, test results, opportunities to engage with Vitalant, or for any other legitimate purpose, including communications via mail, email, auto-dialer, pre-recorded messages and/or auto-text messaging.
- To educate the public and promote blood donation, we may post photos of donors on our social media sites.

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.



BLOOD DONOR EDUCATION MATERIAL

YOU MUST READ THIS BEFORE YOU DONATE!

- Your **accurate and honest** responses are critical to the safety of patients who receive blood transfusions.
- Each question is necessary to fully evaluate the safety of your donation.
- As required by regulations, we are instructing you not to donate blood if you have a risk factor.
- If you don't understand a question, ask the blood center staff for assistance.
- YOUR RESPONSES ARE CONFIDENTIAL.

To determine if you are eligible to donate, we will:

- Ask about your health and medications you are taking or have taken.
- Ask if you have traveled to or lived in other countries.
- Ask about your risk for infections that can be transmitted by blood – especially HIV (which is the virus that causes AIDS) and viral hepatitis.
- Take your blood pressure, temperature and pulse
- Take a blood sample to be sure your blood count is acceptable before you donate

If you are eligible to donate, we will:

- Clean your arm with an antiseptic. *(Tell us if you have any skin allergies.)*
- Use a sterile needle and tubing set to collect your blood.

WHAT HAPPENS AFTER YOUR DONATION

To protect patients, your blood is tested for hepatitis B or C, HIV, syphilis and other infections. If your blood test is positive, it will not be given to a patient. You will be notified about any positive test result which may affect when you are eligible to donate in the future. There are times when your blood is not tested. If this occurs, you may not receive any notification. The blood center will not release your test results without your written permission unless required by law or court order (e.g., to the health department).

DONOR ELIGIBILITY – SPECIFIC INFORMATION

Certain infectious diseases, such as HIV and hepatitis, can be spread through:

- Sexual contact
- Other activities that increase risk
- Blood transfusion

We will ask specific questions about sexual contact and other activities that may increase risk for these infections.

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. These questions apply to all of the activities below, whether or not medications, condoms or other protection were used to prevent infection or pregnancy:

- 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)

A “new sexual partner” includes the following examples:

- Having sex with someone for the first time
OR
- Having had sex with someone in a relationship that ended in the past, and having sex again with that



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person in the last 3 months.

HIV/Hepatitis risk factors

HIV and hepatitis are spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person to inject drugs.

DO NOT DONATE if you:

- Have **EVER** taken any medication to treat HIV infection.
- **Are taking any medication to prevent HIV infection. These medications may be called: PrEP, PEP, TRUVADA, DESCOVY, APRETUDE or many other names.**

FDA-approved antiretroviral drugs are safe and effective in preventing sexual transmission of HIV. However, these antiretroviral drugs do not fully eliminate the virus from the body, and donated blood can potentially still transmit HIV infection to a transfusion recipient.

DO NOT STOP TAKING ANY PRESCRIBED MEDICATIONS IN ORDER TO DONATE BLOOD, INCLUDING PrEP and PEP MEDICATIONS.

DO NOT DONATE if you:

- Have **EVER** had a positive test for HIV infection.
- **In the past 3 months:**
 - **Have had sexual contact with a new partner and have had anal sex.**
 - Have had sexual contact with more than one partner and have had anal sex.
 - Have had sexual contact with anyone who has ever had a positive test for HIV infection.
 - Have received money, drugs, or other payment for sex.
 - Have used needles to inject drugs or steroids, or anything not prescribed by your doctor
 - Have had sexual contact with anyone who has received money, drugs or other payment for sex, or used needles to inject drugs, steroids, or anything not prescribed by their doctor.
 - Have had syphilis or gonorrhea or been treated for syphilis or gonorrhea.

Do not donate if you have these symptoms which can be present before you test positive for HIV

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

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

DO NOT DONATE:

- If you think you may be at risk for HIV or other infections.
- If your purpose for donating is to obtain test results for HIV or other infections. Ask us where you can be tested for HIV and other infections.
- If your donation might harm the patient who receives your blood.

BLOOD DONATION: POTENTIAL DONOR REACTIONS AND RISKS

- You cannot contract any infectious diseases by donating blood. All equipment used in the donation process is sterile and used only once.
- Before you donate, we will give you important information to help you prevent or minimize the risk of any reactions.



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- Although the vast majority of donors who donate whole blood and automated (apheresis) components only experience the incredible satisfaction of saving lives, the following may occur: bruising or hematoma at the venipuncture (needle insertion) site, excessive tiredness, decreased exercise capacity, light-headedness, dizziness, nausea/vomiting, palpitations, difficulty breathing, pale skin, a feeling of warmth, allergic reactions, convulsions, fainting, and possible falls with injury. Although very rare, blood donation could also result in an infection at the needle insertion site, nerve or blood vessel injury or a blood clot. Because some of these reactions occur slightly more frequently in young donors, we ask that they closely follow our pre- and post- donation instructions.
- Additionally, the use of citrate anticoagulant for automated (apheresis) donors can also result in a metallic taste, tingling in the lips, fingers or feet, a vibrating sensation or tremors, and muscle cramps. Low blood pressure, anxiety, fever, headache, allergic symptoms such as redness, itching, and hives can occur. Fever post donation should be reported according to the instructions given after donation. A sensation of coolness or chills due to the return of cooled fluids and blood can also occur. On extremely rare occasions, equipment malfunction may result in blood loss, red blood cell damage or a small amount of air in the blood circulation. Apheresis procedures have short-term effects on bone minerals and counts of lymphocytes (a type of white blood cell); the long-term effects of frequent apheresis donations remain unknown.
- Most reactions occur during or soon after donation, so it is important to follow instructions for hydrating and resting in the refreshment area. We recommend you remain in the donation center for at least 15 minutes after your donation. If donating blood in California, this is required by state law.
- We recommend you wait at least 12 hours before operating heavy machinery or driving commercial vehicles. You should wait 24 hours before engaging in strenuous exercise (including heavy lifting or intensive arm exercise).

IRON STORES AND BLOOD DONATION

Red blood cells carry oxygen throughout the body on hemoglobin, an iron-containing protein. We measure your hemoglobin level before every donation to ensure you can safely donate since the iron lost at donation could eventually lower hemoglobin. Frequent donors (men who donate 3 or more times a year; women, 2 or more times) and teenage donors are at risk for low iron stores. We recommend these donors take a multivitamin with iron or an iron supplement to replace the iron lost during blood donation. If you are a frequent or teenage donor and choose to take iron supplements, you should discuss options with your doctor or pharmacist. A dose of elemental iron of 18 to 28 mg taken daily for 60 days soon after donating whole blood, or after every fifth apheresis donation, is sufficient to replace the iron lost during donation. Lower doses of iron, like those available in multivitamins, help avoid side effects. Higher doses will not increase iron absorption, may result in side effects and could delay diagnosis of blood loss from gastric ulcers or colon cancer.

To view this document and other pre-donation information, please visit vitalant.org/Donate/Donor-Eligibility. Thank you for transforming patients' lives by giving blood.

Thank you for your contribution to saving lives through blood donation.