



### Parent and Legal Guardian Consent for Blood Donation

Parent/Legal Guardian: Please complete this section and sign in ink. **Your minor/student must bring this form when he/she donates blood. He/she will not be allowed to donate without your consent.** The donor's legal name is required. Please do not use abbreviations or nicknames.

I have read and understand this form and the attached Blood Donor Information. I give permission for _____, my son/daughter/ward to donate blood to Blood Bank of Alaska. I, the undersigned, do further agree to indemnify, hold and save harmless the Blood Bank of Alaska, Inc., its agents and employees, from and against claims, suits, damages, costs, losses, and expenses what so ever, as a result here of. I understand that I will be notified of any positive test results from samples from my son/daughter/ward. By signing the following, I consent for my son/daughter/ward to donate whole blood or via automation. Additional consent form is required for donations made via automation.		
Parent/Guardian (print name):		
Street Address:	City:	State:
Daytime phone:	Evening phone:	
Parent/Guardian's Signature:		Date:

### Frequently Asked Questions

<p><b>How should a donor prepare for a safe blood donation?</b></p> <ul style="list-style-type: none"> <li>• Drink plenty of water during the 24 hours prior to donation.</li> <li>• Eat a good meal prior to donation. This will help the donor maintain a healthy blood sugar level, make the donor feel better after the donation, and ward off light-headedness. If possible, eat iron-rich foods before donating, such as spinach, whole grains, eggs and beef.</li> </ul>
<p><b>What should a donor bring to the donation site?</b></p> <ul style="list-style-type: none"> <li>• Identification card (donor's full name, date of birth or social security number, photo)</li> <li>• Signed Parent and Legal Guardian Consent</li> <li>• Apheresis Consent, if donating by automation</li> </ul>
<p><b>Are there special requirements for donors?</b></p> <p>Yes, donors must:</p> <ul style="list-style-type: none"> <li>• Be at least 16 years of age on the day of donation.</li> <li>• Weigh at least 113 pounds. (Additional height and/or weight restrictions may apply to automated apheresis donations.)</li> <li>• Eat and drink prior to donation.</li> <li>• Do not donate if they have a cold, sore throat, or flu symptoms.</li> <li>• Ask blood center collection employees any questions they may have.</li> </ul>



## Blood Donor Information

### What are the different methods of donating blood?

Blood donors may give either whole blood or they may donate double red cells, platelets and/or plasma using an automated method called apheresis. Blood collected by both methods is collected into sterile, single use collection sets.

- During the whole blood donation, approximately 500 mL of whole blood is drawn into a bag. Whole blood is then returned to the blood center and separated into different components including red cells, platelets and plasma.
- During the apheresis donation, blood is drawn into a machine that separates blood into components. The desired components are retained by the machine and the rest is returned to the donor. Refer to appropriate apheresis consent forms for additional information about the collection process of giving blood via automation.

### How often can donors donate blood products?

- Whole blood – every 56 days (8 weeks)
- Apheresis – refer to appropriate consent forms, frequency varies depending on products collected.

### What should a donor do after leaving the donation site?

- Spend approximately 10 minutes in the refreshment area drinking fluids and eating snacks. This reduces the chance of dizziness and fainting.
- If you do not feel well after donating, please notify an employee immediately. Do not leave the donation site or drive.
- Do not smoke for 30 minutes after donation and avoid alcoholic beverages for several hours after donating.
- Avoid lifting heavy objects for several hours after donating.
- Avoid strenuous activities for 24 hours after donating.
- Drink plenty of fluids during the next 24 hours to replace lost fluids.
- Eat a hearty meal after donating.
- Contact Blood Bank of Alaska if any problems occur after donation.

### What are the possible adverse effects of blood donation?

The adverse effects that you may experience are similar to those experienced during any routine blood draw. Possible side-effects of donating blood include:

- Pain/redness/swelling of arm
- Hematoma/bruising
- Infection and in rare cases, inflammation of the veins (phlebitis)
- Vascular injury/muscle or tissue damage/scarring
- Anxiety, lightheadedness, dizziness, paleness, fainting
- Feeling of warmth/nausea/vomiting
- Hives/itching
- Low blood pressure/hyperventilation
- Headache, sweating, chills, fever, fatigue, weakness
- Shortness of breath, irregular heartbeat, death

Refer to appropriate apheresis consent forms for additional adverse effects of giving blood via automation.

Additional blood donation information can be found on our website: [www.bloodbankofalaska.org](http://www.bloodbankofalaska.org).