

BLOOD DONOR EDUCATIONAL MATERIALS

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

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.

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

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).

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 ever had HIV/AIDS or have ever had a positive test for the AIDS/HIV virus
- Have used needles to take any drugs not prescribed by your doctor IN THE PAST 3 MONTHS
- Have taken money, drugs or other payment for sex IN THE PAST 3 MONTHS

- Have had sexual contact IN THE PAST 3 MONTHS with anyone who has ever had HIV/AIDS or has ever had a positive test for the HIV/AIDS virus, ever* taken money, drugs or other payment for sex or ever* used needles to take any drugs not prescribed by their doctor
- Are a male who has had sexual contact with another male, IN THE PAST 3 MONTHS
- Are a female who has had sexual contact IN THE PAST 3 MONTHS with a male who has had sexual contact with another male IN THE PAST 3 MONTHS
- Have you had syphilis or gonorrhea IN THE PAST 3 MONTHS
- Have been in juvenile detention, lockup, jail or prison for 72 or more consecutive hours IN THE PAST 12 MONTHS
- Have a history of Ebola virus infection or disease

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.

DO NOT donate if you have these symptoms which can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

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.

IMPORTANT NEW INFORMATION

DO NOT DONATE if you:

- **Are taking any medication to prevent an HIV infection. These medications may be called: PrEP, PEP, TRUVADA, DESCOVY, APRETUDE or many other names.**
- **Have taken any medication by mouth in the past 3 months to prevent an HIV infection.**
- **Have received an injection or shot in the past 2 years to prevent an HIV infection.**
- **Have EVER taken any medication to treat an HIV infection.**

DONATIONS AND IRON DEFICIENCY

Iron is important for making red blood cells and transporting oxygen. Loss of red blood cells through blood donation may deplete the body of iron over time. Frequent blood donors may become low on iron before becoming anemic. Young women are particularly at risk of low iron due to menstrual blood loss. Diet alone may not be adequately replacing your iron, especially if you have gastrointestinal issues or do not eat red meat. If you think you may be at risk of low iron, you may want to consult your physician, or consider an oral iron supplement. Do not take iron without consulting your doctor if you have a history in your family of too much iron in the body.

DO NOT donate if your donation might harm the patient who received the transfusion.

***changed to “in the past 3 months” by FDA in August 2020**

THANK YOU FOR DONATING BLOOD TODAY!

**Texoma Regional Blood Center
903-893-4314**

BLOOD DONOR EDUCATIONAL MATERIALS

POSSIBLE RISKS ASSOCIATED WITH DONATING BLOOD:

DURING THE DONATION PROCESS ADVERSE REACTIONS AND/OR COMPLICATIONS MAY OCCUR.

Adverse consequences of donating blood include but are not limited to, anxiety, pallor, nausea, vomiting, light-headedness, dizziness, chills, dehydration, fainting, feeling of warmth, fever, headache, hypotension, fluctuations in blood pressure, excessive tiredness, bruising (hematoma) before or after phlebotomy, arterial puncture, bleeding after leaving the donation site, nerve injury, infection, blood clot formation (thrombosis), vein inflammation (phlebitis), air embolism, seizure, convulsion, abdominal cramps, temporary loss of bladder/bowel control, urticarial/allergic reaction, flushing, skin redness, itching, hives, difficulty breathing, chest pain or bronchospasm, which may be life threatening.

Minor reactions or complications can include, but are not limited to, pallor, anxiety, chills, headache, dehydration, bruising, hematoma during or after phlebotomy (accumulation of blood under skin), hyperventilation, hypotension (low blood pressure), light-headedness (from reduced blood volume), nausea and vomiting, syncope (fainting), twitching or muscle spasms, fever, minor nerve injury (nerve irritation – shooting pain), arm and/or facial paresthesia (tingling, prickling or burning), infection at puncture site, accidental arterial puncture, urticaria (skin rash), and possible allergic reaction to components of the blood collection set.

Serious complications can include nerve injury (CRPS - complex regional pain syndrome), heart rhythm disturbances, dyspnea (difficulty breathing), seizures, thrombophlebitis (vein inflammation related to a blood clot), fluid overload, air embolism, hemorrhage, venous thrombosis (excess clotting), major blood vessel injury (pseudoaneurysm, compartment syndrome, deep vein thrombosis), and accidents secondary to syncope (fainting) such as falling which could cause other injuries or potentially motor vehicle accidents if syncope occurs while driving.