



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 Blood Bank of Alaska, Inc., its agents, and its employees from and against claims, suits, damages, costs, losses, and expenses whatsoever as a result hereof. 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. I understand that an additional consent form is required for donations made via automation.

Parent/Guardian (print name):

Mailing Address:	City:	State:
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Daytime Phone:	Evening Phone:
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Parent/Guardian Email Address:

Parent/Guardian Signature:	Date:
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Frequently Asked Questions

How should a donor prepare for a safe blood donation?

- Drink plenty of water during the 24 hours prior to donation.
- 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 lightheadedness. If possible, eat iron-rich foods before donating, such as spinach, whole grains, eggs, and beef.

What should a donor bring to the donation site?

- Identification card (with donor's full name, date of birth or social security number, and photo)
- Signed Parent and Legal Guardian Consent form
- Trima Automated Blood Collection Informed Consent form, if donating by automation

Are there special requirements for donors?

Yes, donors must:

- Be at least 16 years of age on the day of donation.
- Weigh at least 113 pounds. (Additional height/weight restrictions may apply to automated apheresis donations.)
- Eat and drink prior to donation.
- **Not** donate if they have a cold, sore throat, or flu symptoms.
- Ask blood center collection employees any questions they may have.



Blood Donor Information

What are the different methods of donating blood?

Blood donors may give whole blood or they may donate platelets, plasma, or a double unit of red cells using an automated method called apheresis. Blood collected by either method is collected into a sterile, single-use collection set.

- During 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 such as red cells and plasma.
- During 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 the Trima Automated Blood Collection Informed Consent form for additional information about the collection process for giving blood via automation.

How often can donors donate blood products?

- Whole blood: Donor may donate every 56 days (8 weeks).
- Apheresis: Frequency of donation varies depending on products collected. Refer to the Trima Automated Blood Collection Informed Consent form for more information.

What should a donor do after leaving the donation site?

- Spend **at least 15 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, **remain seated** and 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:

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

Refer to the Trima Automated Blood Collection Informed Consent form for additional adverse effects of giving blood via automation.

Additional blood donation information can be found on our website: www.bloodbankofalaska.org.