

Parent/Guardian Acknowledgement and Consent for Minor Donors

Dear Parent/Guardian and Student:

Blood donation is a safe and easy way to have a life-transforming impact in our community. Each year, nearly 5 million Americans need blood transfusions. Blood donated by generous volunteers offers second chances and many tomorrows to patients who depend on it.

We take special care of our younger blood donors to ensure they have a pleasant donation experience and want to make donation a lifelong habit. Younger donors are at slightly higher risk of experiencing reactions during or after donation. One of our safeguards requires that younger donors meet certain height and weight qualifications. Your child will be assessed to determine if they qualify for whole blood donation or automated donation (apheresis). Components collected by automation may be one or a combination of platelets, red blood cells and plasma. In addition, we share specific information about ways students can prepare for their donation to help ensure a good outcome. Parents and guardians, we'd appreciate your help in encouraging your student to follow our recommendations below and in the accompanying materials.

Donors: Prepare To Be A Lifesaver!

- If you are 15-16 years old at the time of donation, please **bring this completed and signed permission form** when you donate
- **Bring a photo ID with proof of age**
- Check with your blood drive coordinator, LifeStream staff or visit lstream.org if you have questions regarding your eligibility
- Eat a salty snack or meal the day before donation. Eat a healthy low-fat meal the day of your donation and *before* you donate
- Drink 8 to 16 ounces of fluid 10 to 30 minutes before donating. Water or sports drinks are great choices!

Parents/Guardians:

Help your student enjoy a good donation experience

- Make sure your student eats a salty snack, like chips or pretzels, and has a meal that is higher in sodium *the day before donation*. During donation, donors lose about a gram of salt. Replacing it ahead of time helps keep blood pressure normal and can prevent dizziness or fainting.
- Make sure your student has a light meal the day of donation and *before* donating.
- Encourage your student to drink plenty of water or a sports drink the day before and day of donation. Being well hydrated also minimizes dizziness.
- Consider having your student take a multivitamin with iron or low-dose iron supplement to replace the iron lost during blood donation since younger donors are a higher risk for iron deficiency. Discuss options with your doctor or pharmacist.

Some Potential Side Effects: Most donors have no trouble at all during or after blood donation. Occasionally, some donors experience temporary redness or bruising around the needle site, mild arm soreness, and a temporary feeling of tiredness or weakness resulting from a lower blood volume. Less commonly, donors may experience dizziness, fainting, or pain resulting from injury to arteries, nerves, and tissues around the vein used for donation. Please let us know if you are concerned about anything your teenager experiences after blood donation. **Additional information regarding automated donations:** The donor will receive a small amount of anticoagulant (citrate) which is used to prevent the blood from clotting, and may also receive saline. Additional side effects may include a tingling sensation, chilling, low blood pressure, anxiety, fever, headache and allergic symptoms. 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.

Our staff members are specially trained to watch for and respond to donor reactions. We will:

- Give your student reading material and instructions about how to have a safe, comfortable blood donation.
- Teach your student muscle tensing exercises to use during and after donation, which helps prevent fainting.
- Provide a beverage and salty snack before and after donation
- Request your student stay for a full 15 minutes in our refreshment area to allow their body to adjust to the donation.

New Information about Iron: There is no evidence that donating blood is harmful to young blood donors. Teenagers usually have lower iron levels than adults, and donating blood can make those levels even lower. In light of this information, you should consider iron supplements for your teenager. Please talk to your healthcare provider, and ask if your teen blood donor can take a multivitamin with iron or a low-dose iron supplement (18 mg of iron every day for 60 days after donation). For more information on iron and blood donation, please see <http://www.lstream.org/iron-in-teens/>

Other Information: To protect patients, blood donations are tested for several types of hepatitis, HIV, syphilis, and other infections as required by law. If your child tests positive or false positive (positive test when the donor really doesn't have the infection) he/she will be notified and results will be disclosed as required by law. In some cases, blood center staff may need to discuss test results with your child/donor. Per California law, it is the donor's decision whether his/her parents/guardians are to be included in that discussion. Please be sure that you and your child have read the information provided. Your child must bring this signed Young Donor Consent Form to their donation site in order to donate.

Donor Consent: Please read carefully

I am voluntarily donating my blood and know I can withdraw my consent at any time. I have read the educational materials completely today, including the risk and hazard information. I have answered all questions truthfully, and agree not to donate if I believe my blood could be a risk to those who receive it. I consent to blood collection and all related laboratory testing, including tests for possible transfusion-transmitted infections. I understand that if LifeStream's evaluation of my information and/or blood testing indicates a risk for transfusion-transmitted infection, I will be listed in LifeStream records as ineligible to donate, and I will be notified. I understand and agree that my blood and stored blood samples may be used for transfusion, further manufacturing, testing, research, and other uses as needed, and that my health information will remain confidential, except for disclosures required by law or research and operations. I have had the opportunity to ask questions, and those questions have been answered to my satisfaction.

If your student qualifies and opts for donating by automated collection (apheresis), they will also be asked to read and sign the following informed consent the day of donation:

I have read, or had read to me, the above description of the automated collection procedure. The possible side effects have been explained to me and all questions have been answered to my satisfaction. I am voluntarily consenting to this procedure. I understand the risks of the procedure and agree to any treatment deemed necessary by the LifeStream staff for any complications that may arise. I also consent to quality control and/or research tests to be performed on my blood beyond that required by law. I hereby permit LifeStream to use my blood components in any way medically appropriate.

Parent/Guardian: Please complete all of the following.

By signing this form, I acknowledge I have read and understand the information presented to me and consent for my student to donate blood and for that donation to be tested as explained in this document. I expressly consent to allow contact of my student by LifeStream or its representatives concerning future blood donations, follow-up questions or any other legitimate purpose, including communications via email, autodialer, pre-recorded messages and/or auto-text messaging.

Student's Name: **(Print)** _____

Parent/Guardian Name: **(Print)** _____

Parent/Guardian Name: **(Signature)** _____

Date of Approval: **(Month/Day/Year)** _____

Phone # where Parent/Guardian can be reached: _____