



# Puget Sound Blood Center

blood services | medicine | research

## 2012 – 2013 PERMISSION FOR MINORS

### Information for Students and Parents

Thank you for your interest in becoming a blood donor. Your donation is a lifesaving gift, and we want to make your blood donation a pleasant and safe experience. Please read the following information. Be sure to share this information with your parent(s) or guardian(s) and have them sign the permission below. **This permission will remain in effect until you are 18 years of age unless revoked, in writing, by your parent/legal guardian.** The entire donation process takes approximately 1 hour. Each unit (pint) of blood is separated into components which can help save three lives.

Your complete honesty in answering all questions is very important for the safety of patients who receive your blood. All information you provide is confidential.

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

- Ask questions about health, travel, medicines.
- Take your blood pressure, temperature, pulse and a small blood sample to make sure your hemoglobin meets the requirements.
- Ask questions about sexual behavior.

**If you are able to donate we will:**

- Cleanse your arm with an antiseptic. If you had a previous reaction to our antiseptic cleansing solutions, please tell us!
- Use a new, sterile, disposable needle to collect your blood.

Most donors have uneventful donations. Occasionally there may be side effects such as weakness, dizziness, and fainting. There may also be tenderness, bruising, bleeding, or rarely, an infection at the site where the needle is inserted. Injuries can occur if the donor faints and falls, but fortunately such instances are rare. Reaction rates are somewhat increased in donors who are young, first-time, female, or low-weight. If a reaction occurs, appropriate treatment, which may include intravenous administration of a salt solution, will be provided by the Blood Center staff.

**In order to minimize the chance of significant side effects, we ask you to:**

- Make sure you weigh at least 110 pounds
- Make sure you have adequate sleep, hydration, and nutrition before donating.
- Tell the blood center staff if you are particularly anxious about donating.
- After donation, spend at least 10-15 minutes in the refreshment area drinking liquids and eating cookies/crackers/etc.
- Make sure you are feeling well before you leave. If you are not feeling well, inform the attendant.
- Read the Donor Instructions, and be sure to take them with you when you leave.

Your blood will be tested for various infectious agents, including HIV and hepatitis. Puget Sound Blood Center may use the part of your donation not used for transfusion or the information contained in your registration form for quality control or investigational purposes. If we become aware of any results that are of importance to your health or that affect your eligibility to donate, we will notify you. All donor records are strictly confidential. However, Washington state law requires that the Blood Center report to the local health department the names of all persons with confirmed positive tests for certain infectious diseases. Donor records may be reviewed by regulatory agencies and manufacturers of donor tests; in the latter instance, donor identification is concealed.

***If you have any questions please call the Puget Sound Blood Center  
(206) 292-2543 or 1-800-DONATE-1, ext. 2543 or visit our website at [www.psbcc.org](http://www.psbcc.org)***

**PERMISSION FOR MINORS (16 and 17-year old donors) 2012-2013**  
**Complete form using ink pen**

Bar Code Unit #
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Donor's **First** and **Last** Name: \_\_\_\_\_ has my permission to donate blood

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

**Basic donor guidelines:**

- Bring photo identification showing date of birth, which must be at least 16 years of age on the day of the blood donation.
- Weigh at least 110 pounds.
- Be free of cold or infection.
- Eat a balanced meal and drink about 16 ounces of non-alcoholic fluid (preferably water) 3 – 4 hours before donating.