

BLOOD DONOR EDUCATION 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 HIV/AIDS 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 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 HIV infection these medications may be known by you under the following names: PrEP, PEP, TRUVADA, or DESCOVY.**
- **Have taken such a medication in the past 3 months.**
- **Have EVER taken any medication to treat HIV infection.**

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

THANK YOU FOR DONATING BLOOD TODAY!

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WHAT TEST WILL BE PERFORMED ON YOUR BLOOD?

All donated blood is tested for the following:

- **ABO typing/Rh factor** – provides positive verification of blood type
- **Blood group antibodies** – indicates unexpected antibodies that are a result of prior transfusion, pregnancy or other factors
- **Hepatitis B surface antigen** – indicates a present infection or carrier state of hepatitis B virus
- **Antibodies to hepatitis B core** – additional test that detects a present or past infection with the hepatitis B virus
- **Antibodies to hepatitis C virus** – indicates antibodies to a virus that causes hepatitis C
- **Antibodies to HIV-1/2** – indicates antibodies to HIV (the virus which causes AIDS)
- **Antibodies to HTLV-1/2** – indicates antibodies to a virus that can cause adult T-cell leukemia & tropic spastic paraparesis
- **Serologic Test for Syphilis** – screens for syphilis
- **Nucleic Acid Testing (NAT)** – for HCV, HIV, WNV & HBV – extremely sensitive testing which detects the RNA and/or DNA of hepatitis C, Human Immunodeficiency Virus (AIDS Virus), West Nile Virus (WNV) and Hepatitis B.
- **Total Serum Cholesterol** – as a donor benefit, your blood will be tested for cholesterol and you can check your test results on our website (www.obi.org, www.txbi.org, www.arkbi.org, www.thegiftoflife.org).

Other tests that might be performed are:

- **Antibodies to Cytomegalovirus (CMV)** – indicates presence of the antibodies to a very common virus in the environment. Transmission may cause active disease in the newborn or immune-suppressed patients.
- **Sickle Cell Trait** – indicates a genetic red blood cell abnormality. This test is performed on blood given by minority donors who have not been previously tested.
- **Chagas Disease (Trypanosoma cruzi) Testing** – indicates the presence of antibodies to a parasite found in Latin and South America. A positive or false positive test will indefinitely defer a donor from future blood donations.
- **AHLA Testing** – detects the presence of HLA antibodies which may develop following pregnancy or transfusion. Products with HLA antibodies may cause transfusion reactions in certain patients.
- **Hemoglobin A1c Testing** – measures average blood sugar levels over the past 3 months; used to monitor risk of diabetes and to assess glucose control in known diabetes.
- **Research Testing** – Some of the tests may be investigational (research) tests. You will be notified of any test results that are of importance to your health or that affect your eligibility to donate.

NOTE: There may be occasions when your blood donation may not be completely tested for infectious diseases if adequate samples for testing are not obtained. You will be notified by mail if we find abnormal results from the above tests. Even though your abnormal results prevent us from using your blood, it may be necessary to contact you at a later time for repeat blood samples so we may help monitor your health. Certain abnormal test results require us to include your name on the blood center's permanent deferral list. All positive HIV (AIDS), hepatitis, syphilis and West Nile tests are reported as required to the State Health Department. **Therefore, if you do not wish to have your blood tested or do not wish to be notified of the results, YOU SHOULD NOT DONATE BLOOD.**

The Institute has developed a personalized health initiative called Donor Carenection. You may be contacted by our staff regarding certain wellness indicators, should you meet criteria indicating the potential for improving your overall health.

WHAT HAPPENS TO YOUR DONATION?

Your blood will be tested for various infectious agents. It will then be processed into components (red cells, platelets, plasma). After processing, red cells can be stored for 42 days, platelets can be stored for seven days and plasma can be frozen for one year. Your single donation can help save the lives of up to three patients. Your donation may also help patients through research or through further manufacture, such as by sending components of your donation to be processed into pharmaceuticals.

CAN DONATING CAUSE ANY SIDE EFFECTS?

People seldom experience discomfort after donating blood. However, if you feel light-headed, sit down or lie down until the feeling passes. If some bleeding occurs after removal of the bandage, apply pressure to the site and raise your arm over your head for three to five minutes. If bruising or bleeding under the skin appears, apply pressure and if possible, a cold pack to the area of bruising during the first 24 hours. ***If you experience fatigue, decreased exercise capacity or a craving to chew things such as ice or chalk, these may be symptoms of post donation iron deficiency. Post donation iron deficiency may be reduced by increasing intake of iron rich foods. If you experience any difficulty or have any questions or concerns regarding the suitability of your blood for transfusion, please feel free to call the blood center at 405-297-5581 or 1-800-375-7654.***

For more information, please visit one of our websites:
www.obi.org, www.txbi.org, www.arkbi.org, www.thegiftoflife.org