

BLOOD DONOR EDUCATION MATERIALS

YOU MUST READ THIS BEFORE YOU DONATE!

Your **accurate and honest** responses are critical to the safety of patients who receive blood transfusions.

- Each question is necessary to fully evaluate the safety of your donation.
- As required by regulations, we are instructing you not to donate blood if you have a risk factor.
- If you don't understand a question, ask the blood center staff for assistance.
- YOUR RESPONSES ARE CONFIDENTIAL.

TO DETERMINE IF YOU ARE ELIGIBLE TO DONATE, WE WILL

- Ask about your health and medications you are taking or have taken.
- Ask if you have traveled to or lived in other countries.
- Ask about your risk for infections that can be transmitted by blood-especially HIV (which is the virus that causes AIDS), and viral hepatitis.
- Take your blood pressure, temperature, and pulse.
- Take a blood sample to be sure your blood count is acceptable before you 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 sterile needle and tubing set to collect your blood.

We **NEVER** reuse a needle or tubing set.

WHAT HAPPENS AFTER YOUR DONATION

To protect patients, your blood is tested for hepatitis B and C, HIV, syphilis, and other infections. If your blood tests positive, it will not be given to a patient. You will be notified about any positive test result which may affect when you are eligible to donate in the future. There are times when your blood is not tested. If this occurs, you may not receive any notification. 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 infectious diseases, such as HIV and hepatitis, can be spread through:

- Sexual Contact
- Other activities that increase risk
- Blood Transfusion

We will ask specific questions about sexual contact and other activities that may increase risk for these infections.

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. These questions apply to all of the activities below, whether or not medications, condoms or other protection were used to prevent infection or pregnancy:

- 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)

A “new sexual partner” includes the following examples:

- Having sex with someone for the first time OR
- Having had sex with someone in a relationship that ended in the past and having sex again with that person in the last 3 months.

HIV/Hepatitis risk factors

HIV and hepatitis are spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person to inject drugs.

Do Not Donate if you:

- **Have EVER taken any medication to treat HIV infection.**
- **Are taking any medication to prevent HIV infection. These medications may be called: PrEP, PEP, TRUVADA, DESCOVY, APRETUDE or many other names.**

FDA approved antiretroviral drugs are safe and effective in preventing sexual transmission of HIV. However, these antiretroviral drugs do not fully eliminate the virus from the body, and donated blood can potentially still transmit HIV infection to a transfusion recipient.

DO NOT STOP TAKING ANY PRESCRIBED MEDICATIONS IN ORDER TO DONATE BLOOD, INCLUDING PrEP AND PEP MEDICATIONS.

DO NOT DONATE if you:

- Have **EVER** had a positive test for HIV infection.
- **In the past 3 months:**
 - Have had sexual contact with a new partner **and** have had anal sex.
 - Have had sexual contact with more than one partner **and** have had anal sex.
 - Have had sexual contact with anyone who has ever had a positive test for HIV infection.
 - Have received money, drugs, or other payment for sex.
 - Have used needles to inject drugs, steroids, or anything not prescribed by your doctor.
 - Have had sexual contact with anyone who has received money, drugs, or other payment for sex, **or** used needles to inject drugs, steroids, or anything not prescribed by their doctor.
 - Have had syphilis or gonorrhea or been treated for syphilis or gonorrhea.
- **In the past 12 months:**
 - Have been in juvenile detention, lockup, jail or prison for 72 hours or more consecutively.
- Have **EVER** had Ebola virus infection or disease.

DO NOT DONATE if you have these symptoms which can be present before you test positive for HIV:

- Fever
- Enlarged lymph glands.
- Sore Throat
- Rash

Your blood can transmit infections, including HIV, even if you feel well and all your tests are normal. Even the best tests cannot detect the virus for a period of time after you are infected.

DO NOT DONATE:

- If you think you may be at risk for HIV or other infections.
- If your purpose for donating is to obtain test results for HIV or other infections, ask us where you can be tested for HIV and other infections.
- If your donation might harm the patient who receives your blood.

THANK YOU FOR DONATING BLOOD TODAY!

(Our Blood Institute 1-877-340-8777)

Facility Name: Sylvan N. Goldman Oklahoma Blood Institute 1001 N. Lincoln Blvd., Oklahoma City, Oklahoma 73104. The official copy of blood bank documentation is the electronic copy on file with the local area network. The official copy of records created from forms is paper unless designated otherwise.

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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 for processing 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.**

WHAT TESTS WILL BE PERFORMED ON YOUR BLOOD?

All donated blood is tested for the following:

- **ABO typing/Rh factor** – provides verification of blood type.
- **Blood group antibodies** – detects unexpected red cell antibodies that are a result of prior transfusion, pregnancy, or other factors.
- **Hepatitis B virus surface antigen** – test that detects a current, active hepatitis B infection or a hepatitis B virus carrier state.
- **Antibodies to hepatitis B virus core** – additional test that detects a current or past hepatitis B infection.
- **Antibodies to hepatitis C virus** – detects a current or past hepatitis C infection.
- **Antibodies to HIV** – detects antibodies to HIV 1 and 2 (the virus that causes AIDS).
- **Antibodies to HTLV** – detects antibodies to HTLV 1 and 2, viruses that can cause adult T-cell leukemia or tropic spastic paraparesis.
- **Serologic Test for Syphilis** – a screening test for syphilis.
- **Nucleic Acid Testing (NAT)** – detects infection with hepatitis C virus (HCV), hepatitis B virus (HBV), Human Immunodeficiency Virus (HIV/AIDS), or West Nile Virus (WNV). These extremely sensitive nucleic acid tests detect the DNA or RNA of the hepatitis C, hepatitis B, HIV/AIDS, and West Nile viruses.
- **Total Serum Cholesterol** – as a donor benefit, your blood will be tested for total cholesterol. 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)** – testing that detects the presence of antibodies to CMV, a very common virus in the environment. Transmission may cause active disease in the newborn or immune suppressed patients.
- **Sickle Cell Trait** – detects a genetic red blood cell abnormality. This test is performed on blood given by minority donors and/or donors whose blood may be transfused into patients that require Sickle Cell Trait negative blood (e.g., patients with Sickle Cell Disease).
- **Chagas Disease Antibody Testing** – indicates the presence of antibodies to a parasite (*Trypanosoma cruzi*) found in Latin and South America that causes Chagas Disease. A positive or false positive test will indefinitely defer a donor from future blood donations.
- **HLA Antibody Testing** – detects the presence of HLA antibodies which may develop after pregnancy or transfusion. Products with HLA antibodies may cause transfusion reactions in certain patients.
- **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 B and C, syphilis, and West Nile tests are reported to the State Health Department, as required.

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 CareNecton. You may be contacted by our staff regarding certain wellness indicators, should you meet criteria indicating the potential to improve your overall health.

For more information, please visit one of our websites.

www.obi.org www.txbi.org www.arkbi.org www.thegiftoflife.org

