



Please, read information on the blood donation process on both sides of the form and SIGN the consent form below. For additional pre-donation information, blood testing or after-care instructions, visit our website: heartlandbc.org.

IMPORTANT INFORMATION ON THE BLOOD DONATION PROCESS

The blood donation process consists of five steps.

Registration: The donor will have to present an identification document with picture and proof of age. He/she will receive educational materials to read before completing a questionnaire on medical history, medications, lifestyle and traveling outside the United States.

Screening & Mini-physical examination: Next, the questionnaire will be reviewed and additional questions may be asked to determine eligibility to donate blood. The staff will take temperature, pulse, and blood pressure, and prick the donor's finger to test the blood for iron (hemoglobin) level.

Hydration and Snack Station: Salty snacks and water are offered to donors to take right before donation. These raise the blood volume and blood pressure to help prevent light-headedness sometimes associated with donation.

Blood collection: At the donation station, the donor's arm is first cleaned with an antiseptic. Giving blood is safe. **The donor cannot get HIV or other disease by giving blood. A new sterile needle is used for each donor. About one pint of blood is collected using a new sterile blood container.** It takes about 5 to 10 minutes to donate. The donor may use Applied Muscle Tension (AMT) exercises to reduce/prevent dizziness or syncopal reaction that may occur during or after blood donation.

Refreshment: After donation, the donor will receive beverages and cookies in the refreshment area. The body will replenish the fluids lost during donation in about 12 to 14 hours. Red blood cells are replaced after about 8 weeks. The entire donation process should take about one hour.

OVER

KEEP TOP PORTION FOR YOUR RECORDS – STUDENTS MUST PRESENT BOTTOM PORTION AT BLOOD DRIVE.

CONSENT TO DONATE BLOOD; PARENT/LEGAL GUARDIAN INFORMATION

Lockport East High School Blood Drive

Friday, JANUARY 27 - 9:00 AM - 1:00 PM - Located in the Auditorium

You must fill out the permission slip and turn it in to the nurse's office by Friday January 20th at 3:00

In order to donate, every donor MUST have a signed Heartland permission slip.

You can print one online by visiting www.heartlandbc.org and click on donating tab OR you can pick one up in the front office.

After permission slips are received in the nurse's office, you will receive a pass that has your time for blood donation.

ALL DONORS WILL RECEIVE A FREE PAIR OF FLIP FLOPS!

PHOTO ID REQUIRED

Dear Parents:

Last year, mobile blood donations for Heartland Blood Centers were collected at 140 high schools. Thanks to their support, several thousand patients were saved!

As the need for blood is always constant, it is important that we support and encourage the young generation of today to continue to give the "Gift of Life" by donating blood. Research shows that students who become blood donors in high school frequently go on to become seasoned donors throughout their adult lives.

Heartland Blood Centers would like to thank our high schools, their students and staff who donate blood, and the parents for their support and encouragement to a life-long blood program.

USE ONLY BLACK INK TO COMPLETE

I hereby give my son/daughter permission to donate blood to Heartland Blood Centers.

Student Name: _____

Parent Signature: _____

Parent's Daytime or Cell Phone # (or emergency contact) _____

Please, be available at this number during the hours of the blood drive, so you can be notified in case your child has an adverse reaction to donation.

Should you have any questions or concerns about the blood donation process, feel free to contact our Donor Advocate or Donor Services Management at 1-800-7TO-GIVE.

Medical conditions necessitating medications or continuous medical care may be cause for deferral; do not hesitate to call us to determine your child's eligibility for donation.

For an easy and safe blood donation, donors should:

- **Eat a good meal the night before, and a healthy breakfast and lunch on the day of donation. Get a good night sleep the day before donation. Drink plenty of non-caffeinated beverages before donation.**
- **Bring a picture ID, preferably with proof of age (such as driver's license, school ID, etc.)**
- **Notify staff of medical conditions and current medications; they may affect the eligibility for donation.**
- **Tell staff if they have latex or iodine allergy; special precautions will be taken.**
- **Read and get familiar with Applied Muscle Tension (AMT) exercises to reduce or prevent reactions.**

Testing done on the blood

Giving blood saves lives. However, disease can spread through the transfusion of infected blood. All blood donors are screened for syphilis, hepatitis viruses, AIDS viruses, Human T-Lymphotropic Viruses, the West Nile Virus and Chagas' disease. However, tests are not perfect. In fact, during the first few weeks after exposure to an infectious organism, the tests most likely will not detect its presence. Donor cooperation and honesty are crucial to prepare the safest possible blood. **Notification of abnormal laboratory test results is mailed directly to the donor, or the donor's parents/guardians if the donor is 16 years of age.**

Recommendations after donation

After donating blood, the donor will be asked to:

- (1) Eat and drink the refreshments provided before leaving.
- (2) Stay at the blood drive site until released by a Heartland staff member.
- (3) Drink more fluids than usual during the next 4 hours.
- (4) Refrain from smoking for one half hour following blood donation.
- (5) Leave the bandage on for about 4 – 6 hours.
- (6) Refrain from excessive bending, pushing or lifting as it may result in a bruise.

Although rare, a donor may experience an adverse reaction during or within a few hours after blood collection. Should your son/daughter experience any adverse reaction, they should return to the blood drive for immediate care and attention (if the drive is still going on at the school) or contact Heartland Donor Advocate or Donor Services Management by calling 1-800-7TO-GIVE. Adverse consequences to blood donation may include dizziness, fainting (with loss of consciousness or seizure), fatigue, fall, bruising, nerve/blood vessel/tissue injury or infection/inflammation at the site of venipuncture. Doing AMT exercises may help reduce or avert dizziness or syncope reactions.
