

Young Donor Consent Form

INFORMATION ABOUT DONATING BLOOD

Common Questions About Blood Donation

Q Is blood donation safe? Does it hurt?

A Not only is it safe, it is simple and it saves lives. Materials are new, sterile and discarded after each donation. At the time of the needle stick, you will feel a temporary pinch-like feeling at the site.

Q What should I expect on the day I donate?

A The entire process takes about an hour. You will sign in (don't forget your photo ID!) and answer questions about your health and travel history in a confidential and private way. We will make sure you are eligible to donate by doing a mini-physical (temperature, blood pressure, pulse, and finger prick to check blood count). Then you will donate, which takes about 6 – 10 minutes. After that, you get to enjoy post-donation refreshments and stay with us for 15 minutes while we make sure you are doing well.

Q Who can donate blood?

A Volunteer blood donors must be at least 15 years old, weigh at least 110 pounds and be in general good health. 15- and 16- year-olds require this signed Young Donor Consent Form to donate.

Q Are there any limitations to eligibility?

A Here are a few common eligibility concerns answered:

- Acne treatments: OK, if taking antibiotics for acne, but one-month wait after having taken Accutane (isotretinoin) or other medication containing this active ingredient.
- Body and Ear piercing: OK if performed using single use, sterile equipment in a licensed establishment or doctor's office. Otherwise, wait 1 year.

Additional Information Can Be Found Here

<https://www.lstream.org/about-donating/who-can-donate>



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Blood Donation Defined

Whole-Blood Donation

When donating whole blood, the most common donation, all parts of the blood are collected simultaneously. The three major components are red cells, platelets and plasma. Blood is collected from the donor's arm vein and transferred into a bag specially designed to store blood.

Donors: Prepare To Be A Lifesaver!

1. If you are 15 or 16 years old, please **bring this signed Young Donor Consent Form** when you donate.
2. **Bring a photo ID** with proof of age.
3. Eat up! Drink up! Get moving!
 - Eat up: Treat "blood donation day" as any other day. Don't skip or add meals. Consume foods high in iron and Vitamin C, and salty snacks.
 - Drink up: Hydrate on donation day – water is best. Your blood will flow smoother and quicker, and you'll be done faster!
 - Get moving: While lying down during your donation, flex your ankles and gently tense the muscles in your legs and glutes. These simple exercises will help keep your blood moving for a relaxing, rewarding donation.

Parents/Guardians

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 www.LStream.org/iron-in-teens/

On the day of donation we will help your child throughout the donation process. Our staff is specially trained to ensure a great experience, and every donation site is staffed with a Registered Nurse to handle potential reactions.

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.

You may reach us at **800.879.4484**.

A note regarding student donors and organized sports

Research shows that blood donation can temporarily impact young athletes' peak athletic performance for up to one to two weeks. As a result, if your teenager is a participant in an organized sports program that requires strenuous effort (football, basketball, volleyball, lacrosse, track and field, swimming, etc.), we recommend that he or she wait until the season is over before donating blood.

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.

By signing below, I give permission for my child to donate and for that donation to be tested as explained above.	
MINOR DONOR'S NAME (PLEASE PRINT	
PARENT/GUARDIAN'S NAME	PRINT
SIGNATURE	DATE
PHONE NUMBER AT TIME OF BLOOD DRIVE	