



## BLOOD DONOR EDUCATION MATERIALS

Telephone: 701-780-5433 (780-LIFE)

[www.dakminnbloodbank.org](http://www.dakminnbloodbank.org)

### **Making Your Blood Donation Safe**

Thank you for coming in today! This information sheet explains how **YOU** can help us make the donation process safe for yourself and patients who might receive your blood. **PLEASE READ THIS INFORMATION BEFORE YOU DONATE!** If you have any questions now or anytime during the screening process, please ask blood center staff.

#### **ACCURACY AND HONESTY ARE ESSENTIAL!**

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.**

### **The Donation Process**

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

- Ask questions about health, travel, and medicines
- Ask questions to see if you might be at risk for hepatitis, HIV, or AIDs
- Take your blood pressure, temperature and pulse
- Take a small blood sample to make sure you are not anemic

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

- Cleanse your arm with an antiseptic.  
**(If you are allergic to iodine, please tell us!)**
- Use a new, sterile, disposable needle to collect your blood

### **Donor Eligibility – Specific Information**

#### **Why we ask questions about sexual contact:**

Sexual contact may cause contagious diseases like HIV to get into the bloodstream and be spread through transfusions to someone else.

#### **Definition of “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:

1. Vaginal sex (contact between penis and vagina)
2. Oral sex (mouth or tongue on someone’s vagina, penis, or anus)
3. Anal sex (contact between penis and anus)

### **HIV/AIDS RISK BEHAVIORS AND SYMPTOMS**

AIDS is caused by HIV. HIV is spread mainly through sexual contact with an infected person OR by sharing needles or syringes used for injecting drugs.

#### **DO NOT DONATE IF YOU:**

- **Have AIDS or have ever had a positive HIV test**
- Have EVER used needles to take drugs, steroids, or anything not prescribed by your doctor
- Are a male who has had sexual contact with another male, IN THE PAST 12 MONTHS
- Have EVER taken money, drugs or other payment for sex
- Have had sexual contact IN THE PAST 12 MONTHS with anyone described above
- Have had syphilis or gonorrhea IN THE PAST 12 MONTHS
- In the last 12 months have been in juvenile detention, lockup, jail or prison for more than 72 hours IN THE PAST 12 MONTHS
- Have any of the following conditions that can be signs or symptoms of HIV/AIDS:
  - \* Fever
  - \* Enlarged lymph glands
  - \* Sore throat
  - \* Rash

Remember that you CAN give HIV to someone else through blood transfusions even if you feel well and have a negative HIV test. This is because tests cannot detect infections for a period of time after a person is exposed to HIV. **If you think you may be at risk for HIV/AIDS or want an HIV/AIDS test, please ask for information about other testing facilities.**

#### **PLEASE DO NOT DONATE TO GET AN HIV TEST!**

### **Travel to or Birth in Other Countries**

Blood donor tests may not be available for some contagious diseases 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.

### **What Happens After Your Donation**

To protect patients, your blood is tested for hepatitis B and C, HIV, certain other infectious diseases and syphilis. If your blood tests positive, it will not be given to a patient. You will be notified about test results that may disqualify you from donating in the future. **Please do not donate to get tested for HIV, hepatitis, or any other infections!**

*To obtain confidential testing, contact your doctor or call:*

*Grand Forks Health Dept. 746-2525*

*In North Dakota call: 1-800-472-2180 or 701-328-2385*

*In Minnesota call: 1-800-248-AIDS*

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## **More about Testing**

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- The tests performed to detect infectious disease are very sensitive, but still cannot detect ALL infectious donors. PLEASE, do NOT donate to get a test result or if you feel you are at risk for having any infectious disease.
- There may be occasions when testing is not performed (i.e., a full unit is not collected, or the unit is unable to be used for some other reason).
- In some individuals, test results are falsely positive or have no health significance. Often the reason for this is unknown. Additional tests may be performed to provide clear interpretation of results. We may ask you to have an additional blood sample drawn for follow-up testing.
- If any results indicate you may be able to transmit infection or if the results are repeatedly inconsistent or unclear, your blood will not be used. In this case, your name is placed on a confidential Deferred Donors List and you will be notified of the results and told you must not donate blood for someone else to receive. We are happy to discuss the results with you and/or provide them to your designated health care provider with your authorization.
- As required by law, we report positive results to the North Dakota Department of Health (NDCC 23-07-02).

## **Confidential Ways to Exclude Your Blood**

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- You may choose to end the donation process any time with no risk to your relationship with Dak-Minn Blood Bank.
- You may disqualify yourself by answering “NO” to the question “Are you feeling well and healthy today?”
- You may indicate that you have participated in activities that are at risk for HIV. You do not need to be specific.
- You may telephone (780-5433 or 780-5140) as soon as possible, provide us with the unit number of your donation, and request that we discard it.

## **Donating Blood is Voluntary, Safe, and Easy**

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- We ask you to provide formal ID with your name on it. Examples include: Donor ID card, Drivers License, Military ID, Student ID, or employee badge.
- We believe the safest blood supply comes from donors who give freely without compensation. Because there are significant costs involved, patients will encounter charges for blood they receive.
- Donating blood is safe. There is no risk of getting AIDS or other infectious disease from donating. All needles are sterile, used only once and then discarded.
- Giving blood is easy. There are 3 steps: registration, medical interview and donation. The standard donation takes about 10 minutes. You will feel a small pinch as the needle is inserted into the vein in your arm.
- Most people feel fine during and after a blood donation, but a few feel dizzy, light-headed, or nauseous. If this happens, please alert us, our staff will look after you until you are feeling well.

- Occasionally donors notice redness, bruising, or discomfort due to irritation of a nerve during needle placement. If you have any concerns following your donation, please feel free to telephone us and report it.
- After your donation, you will be asked to remain at the donation site for a few minutes. Since most symptoms are related to decreased blood volume, we encourage you to take advantage of the refreshments offered.
- Frequent whole blood donations may result in low iron levels. Taking vitamins with iron may prevent this.

## **How Your Blood is Used**

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- Each unit of whole blood can benefit up to 4 patients:
  - \* **Red Blood Cells** (42 days) – Medical/Surgical patients
  - \* **Plasma** (1 year) – Shock, burn and accident patients
  - \* **Platelets** (5 days) – Leukemia and cancer patients
  - \* **Cryoprecipitate** (1 year) – Patients with hemophilia
- We provide blood products to Altru Health System and on occasion to other local hospitals. After we meet the needs of local patients, we share blood with other communities through the National Blood Exchange. Blood donations are too precious to waste.
- When parts of your donation are not required for patient use, we may use them for research or education purposes. There may be a charge to the researcher for preparation costs. We also may share research test results with researchers without identifying donors.
- Dak-Minn Blood Bank participates in the evaluation of new blood donor screening tests. The samples collected with your donation may be included in research tests.
- To determine the significance of a research test result, we may need to contact you for further follow-up testing. We will ask for your permission if additional blood samples are required.
- For inquiries about current research studies, or any other questions, please refer to the contact information listed below.

**Privacy Statement:** Protecting the privacy and confidentiality of your information is very important to Dak-Minn Blood Bank. We consider all donor information private and it is not given to others, including health care providers, unless we have your written authorization – except as required by law. We encourage you to contact us if you have questions about what information we collect about you, how we use it, how we protect it, and your choices regarding how that information is used.

Donor Center Supervisor: (701) 780-5146

Medical Director: (701) 780-5133