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.
Donating Blood is Voluntary, Safe, and Easy

- 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.

More about Testing

- 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

- 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.

How Your Blood is Used

- 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

Dak-Minn Blood Bank  Thank you for donating your blood today  701-780-5433  or  701-780-LIFE

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