

Blood Donor Educational Materials

Please read before filling out the
Donor History Questionnaire (DHQ)
to help with any questions you may have.

- Donor Demographic Information
- Making Your Donation Safe
- Medication Deferral List
- List of Countries in Europe and UK
- Parental Consent Information



Blood Bank of Hawaii

The demographic information that you provide is a critical part of ensuring your identity, eligibility, and safety of the blood supply. It is also an integral part of communication between the Blood Bank of Hawaii and our donors.

- Please help us by ensuring that the information printed at the top of your Donor History Questionnaire is accurate and current.

Note: Please ensure to provide us with a postal address where you may be contacted for 8 weeks after this donation.

The Blood Bank of Hawaii is currently investing in communication technology to better inform our donors of potential donation opportunities and information.

- Please assist us by providing the following information to update our system:
 - Cell Phone Number
 - Employer
 - Email

Ethnicity Codes

Certain blood types, including rare ones, are found most commonly in certain ethnicities. Ethnicity data helps us look for these types more efficiently and provide this blood more rapidly to the patients in need.

- Please help us by choosing an ethnicity from the table below that you identify with the most:

Ethnicity	Code	Ethnicity	Code
Declined	1	Chinese	11
Mexican/Chicano	2	Japanese	12
Puerto Rican	3	Native Hawaiian	13
Cuban	4	Korean	14
Other Hispanic/Spanish	5	Guamanian/Chamorro	15
White/Caucasian	6	Filipino	16
Black/African American	7	Vietnamese	17
Caribbean	8	Samoan	18
American Indian/Alaska Native American	9	Other Asian	19
Indian/Pakistani	10	Other Pacific Islander	20

READ THIS BEFORE YOU DONATE!

We know that you would not donate unless you think your blood is safe. However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately. If you don't understand a question, ask the blood center staff. All information you provide is confidential.

To determine if you are eligible to donate we will:

- Ask about your health and travel
- Ask about medicines you are taking or have taken
- Ask about your risk for infections that can be transmitted by blood – especially AIDS and viral hepatitis
- Take your blood pressure, temperature and pulse
- Take a blood sample to be sure your blood count is acceptable

If you are eligible to donate we will:

- Clean your arm with an antiseptic
- **Tell us if you have any skin allergies**
- Use a new, sterile, disposable needle to collect your blood

DONOR ELIGIBILITY – SPECIFIC INFORMATION

Certain diseases, such as AIDS and hepatitis, can be spread through sexual contact and enter your bloodstream. We will ask specific questions about sexual contact.

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, and apply to any of the activities below, whether or not a condom or other protection was used:

- 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)

HIV/AIDS risk behaviors

HIV is the virus that causes AIDS. It is spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person for injecting drugs.

DO NOT donate if you:

- Have AIDS or have ever had a positive HIV test
- Have **EVER** used needles to take any drugs 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 **IN THE PAST 12 MONTHS** with anyone described above
- Have had syphilis or gonorrhea **IN THE PAST 12 MONTHS**
- Have been in juvenile detention, lockup, jail or prison for more than 72 consecutive hours **IN THE PAST 12 MONTHS**

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

DO NOT donate to get a test!

If you think you may be at risk for HIV/AIDS or any other infection, do not donate simply to get a test. Ask us where you can be tested outside the blood center.

The following symptoms can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

DO NOT donate if you have these symptoms!

Travel to or birth in other countries

Blood donor tests may not be available for some infections 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 several types of hepatitis, HIV, HTLV, syphilis, WNV and Chagas. If your blood tests positive it will not be given to a patient. There are times when your blood is not tested. If this occurs, you may not receive any notification. You will be notified about any positive test result which may disqualify you from donating in the future. The blood center will not release your test results without your written permission unless required by law (e.g. to the Health Department).

Additional testing for markers by conventional and/or research methods may be performed to further ensure the quality and safety of the blood. Collected blood is used for transfusion although some products or samples may be used to provide additional resources used in the care of patients. For research conducted to improve blood safety and contribute to advancing biomedical knowledge, the blood center may use donor history form data, perform additional laboratory testing, and/or store a sample of blood, all in a confidential manner.

POSSIBLE ADVERSE REACTIONS FROM BLOOD DONATION

Blood donation may have adverse consequences, including fatigue, feeling lightheaded, fainting, bruising (hematoma), decreased exercise tolerance for 3-5 days, and false-positive test results. Rare adverse consequences may include, but are not limited to the needle entering an artery, bleeding after leaving the donation site, nerve irritation, nausea, vomiting, pallor muscle twitching, temporary loss of bladder control, infection, blood clot formation (thrombosis) and vein inflammation (phlebitis). In unusual circumstances additional outside medical care may be necessary.

ADDITIONAL INFORMATION FOR APHERESIS DONORS

Apheresis is an automated procedure that is used to collect blood products (platelets, plasma, and red blood cells) from your blood. During apheresis, your blood is circulated through a cell separator that collects only the product(s) that are needed and returns the rest of the blood to you. During apheresis collections, a small amount of anticoagulant (citrate) is added to the donor's blood to prevent clotting during the procedure. Donors may also receive normal saline as part of the apheresis collection procedure. Qualified collection staff members closely monitor the entire Apheresis process.

At a maximum, donors may donate platelets or plasma by apheresis no more frequently than every 3 days, up to twice per week or up to 24 times in a 12 month period.

Apheresis donations may have additional adverse consequences, including but not limited to symptoms of low calcium (numbness or tingling around the mouth or in your fingers, cramps, stiffness) for which you may be given oral calcium replacement, feeling of warmth, chills, allergic reactions, shortness of breath, chest pain, decreased blood pressure, or air embolism.

BLOOD DONATION AND IRON DEFICIENCY

Donating blood removes iron from your body. Prior to donating, we test your hemoglobin level. This measures how much hemoglobin protein you have in your red blood cells, however, it does not measure the level of iron in your body. Even if you qualify for blood donation, you may have low iron reserves. Replacing this iron is important for your health. Studies show that simply eating iron-rich foods may not be enough to replace all the iron lost with blood donation in all donors.

Donors at risk for low iron levels are:

- Young donors (16 – 25 years of age)
- Premenopausal females (i.e. females who are of childbearing potential) who are potential donors
- Frequent donors
- Donors near the hemoglobin cut-off level

Many people with low iron levels feel fine and have no symptoms, but low iron levels may cause:

- tiredness and irritability
- reduced endurance during exercise or everyday activities
- difficulty concentrating
- a craving to chew things such as ice or chalk (pica)

We currently recommend that frequent and at risk blood donors take a multivitamin containing iron or an iron supplement to replace the iron lost with each donation. Before starting, however, you should discuss this with your health-care provider.

EBOLA VIRUS DISEASE OR INFECTION

Please **DO NOT** donate blood if you

- Have **EVER** had Ebola virus disease or infection

DONOR ELIGIBILITY

Donors who do not meet donor eligibility criteria will be notified of the basis for the deferral, the period of the deferral, and the donor's record will identify the donor as ineligible to donate.

For further information, please speak with blood center staff.

THANK YOU FOR DONATING BLOOD TODAY!

Blood Bank of Hawaii

(808) 845-9966

MEDICATION DEFERRAL LIST

DO NOT STOP taking medications prescribed by your doctor in order to donate blood. Donating while taking these drugs could have a negative effect on your health or on the health of the recipient of your blood.

PLEASE TELL US IF YOU:

ARE BEING TREATED WITH ANY OF THE FOLLOWING TYPES OF MEDICATIONS:	OR HAVE TAKEN:	WHICH IS ALSO CALLED:	ANYTIME IN THE LAST:
Anti-platelet agents (usually taken to prevent stroke or heart attack)	Feldene	piroxicam	2 Days
	Effient	prasugrel	3 Days
	Brilinta	ticagrelor	7 Days
	Plavix	clopidogrel	14 Days
	Ticlid	ticlopidine	
	Zontivity	vorapaxar	1 Month
Anticoagulants or “blood thinners” (usually to prevent blood clots in the legs and lungs and to prevent strokes)	Arixtra	fondaparinux	2 Days
	Eliquis	apixaban	
	Fragmin	dalteparin	
	Lovenox	enoxaparin	
	Pradaxa	dabigatran	
	Savaysa	edoxaban	
	Xarelto	rivaroxaban	
	Coumadin, Warfilone, Jantoven	warfarin	7 Days
	Heparin, low molecular weight heparin		
Acne treatment	Accutane Amnesteem Absorica Claravis Myorisan Sotret Zenatane	isotretinoin	1 Month
Multiple myeloma	Thalomid	thalidomide	
Hair loss remedy	Propecia	finasteride	
Prostate symptoms	Proscar	finasteride	
	Avodart Jalyn	dutasteride	6 Months
Immunosuppressant	Cellcept	Mycophenolate mofetil	6 Weeks
Basal cell skin cancer	Erivedge Odomzo	vismodegib sonidegib	24 Months
Relapsing multiple sclerosis	Aubagio	teriflunomide	
Rheumatoid arthritis	Arava	leflunomide	
Hepatitis exposure	Hepatitis B Immune Globulin	HBIG	12 Months
Experimental Medication or Unlicensed (Experimental) Vaccine			
Psoriasis	Soriatane	acitretin	36 months
	Tegison	etretinate	Ever
Growth hormone from human pituitary glands			
Insulin from Cows (Bovine or Beef Insulin) manufactured in the United Kingdom			

Go to www.bbh.org for the most current information

DO NOT STOP taking medications prescribed by your doctor in order to donate blood.

Some medications affect your eligibility as a blood donor, for the following reasons:

Anti-platelet agents affect platelet function, so people taking these drugs should not donate platelets for the indicated time; however, you may still be able to donate whole blood or red blood cells by apheresis.

Anticoagulants or "blood thinners" are used to treat or prevent blood clots in the legs, lungs, or other parts of the body, and to prevent strokes. These medications affect the blood's ability to clot, which might cause excessive bruising or bleeding when you donate; however, you may still be able to donate whole blood or red blood cells by apheresis.

Isotretinoin, finasteride, dutasteride acitretin and etretinate can cause birth defects. Your donated blood could contain high enough levels to damage the unborn baby if transfused to a pregnant woman.

Thalomid (thalidomide), Erivedge (vismodegib), Odomzo (sonidegib), Aubagio (teriflunomide) may cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

Cellcept (mycophenolate mofetil) and Arava (leflunomide) are immunosuppressants which may cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

Growth hormone from human pituitary glands was prescribed for children with delayed or impaired growth. The hormone was obtained from human pituitary glands, which are in the brain. Some people who took this hormone developed a rare nervous system condition called Creutzfeldt-Jakob Disease (CJD, for short).

Insulin from cows (bovine, or beef, insulin) is an injected medicine used to treat diabetes. If this insulin came to the United States from the United Kingdom (where "mad cow disease" has occurred) it could contain material from cattle that have "mad cow disease." Although no cases of the human type of "mad cow disease" have been reported in people treated with bovine (beef) insulin, there is concern that someone exposed to "mad cow disease" through beef insulin could transmit it to someone who receives their blood.

Hepatitis B Immune Globulin (HBIG) is an injected material used to prevent hepatitis B infection following a possible or known exposure to hepatitis B. HBIG does not prevent hepatitis B infection in every case, therefore, persons who have received HBIG must wait to donate blood.

Experimental Medication or Unlicensed (Experimental) Vaccine is usually associated with a research study, and the effect on the safety of transfused blood is unknown.

LIST OF COUNTRIES IN EUROPE AND UNITED KINGDOM

Albania	Hungary	Romania
Austria	Republic of Ireland	Serbia
Belgium	Italy	Slovak Republic
Bosnia-Herzegovina	Kosovo	Slovenia
Bulgaria	Liechtenstein	Spain***
Croatia	Luxembourg	Sweden
Czech Republic	Macedonia	Switzerland
Denmark	Montenegro	United Kingdom
Finland	Netherlands	Yugoslavia (or Federal
France*	Norway	Republic of Yugoslavia)
Germany	Poland	
Greece	Portugal**	

* **France includes** French Polynesia inclusive of the island groups of Society Islands (Tahiti, Moorea, and Bora-Bora); Marquesas Islands (Hiva Oa and Ua Huka); and Austral Islands (Tubuai and Rurutu); French Guiana, Guadeloupe including St. Barthélemy and Saint Martin; Martinique, Mayotte, New Caledonia, Réunion, Saint Pierre, Miquelon, Wallis Island and Futuna Island.

** Portugal includes the Azores

*** Spain includes the Canary Islands and Spanish North African territories

United Kingdom (U.K.) is defined as the following:

Channel Islands
England
Falkland Islands
Gibraltar
Isle of Man
Northern Ireland
Scotland
Wales

PARENTAL CONSENT INFORMATION

Every day, hundreds of lives depend on volunteer blood donors. By giving the gift of life on a regular basis, you help ensure that the blood will be there for Hawaii's patients. The only source for blood is generous volunteers like you!

Common Questions about Blood Donation

Q: Is blood donation safe?

A: Donating blood is safe. All supplies used to collect blood are completely sterile and used only once. You cannot contract HIV or other infectious diseases from donating blood.

Q: Does donating blood hurt?

A: Comfort levels vary from person to person, but most donors say there is nothing to it. You will feel a slight pinch and it is over before you know it.

Q: How long will it take?

A: The entire process takes about 60 minutes, including the interview before and refreshment time after donation. For your safety, you must stay in the refreshment area at least 15 minutes following the donation.

Q: How much can I give?

A: Every donor is evaluated individually with safety in mind. A whole blood donation is about one pint. The exact amount depends on your gender, height and weight.

Blood Donor Qualifications

In general, volunteer blood donors must be 16 or older and in good health.

Whole Blood Height/Weight Restrictions for Donors Age 16-18

Eligibility is based on Estimated Total Blood Volume

Males between 16 and 18: You must be at least 5' tall and weigh at least 110 pounds

Females between 16 and 18: If you weigh at least 110 pounds but are shorter than 5'6", refer to chart below:

Females who are:	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"
Must weigh at least:	146	142	138	133	129	124	120	115

The Donation Process

Whole Blood Donation

Blood is collected from an arm vein into a bag specially designed to store blood. Typically, each unit is separated into multiple components, usually red blood cells and plasma. Whole blood donation is the most common way to donate blood.

Apheresis Donation

Apheresis is an automated procedure that is used to collect blood products (platelets, plasma, and red blood cells) from your blood. During apheresis, your blood is circulated through a cell separator that collects only the product(s) that are needed and returns the rest of the blood to you. During apheresis collections, a small amount of anticoagulant (citrate) is added to the donor's blood to prevent clotting during the procedure.

Donors may also receive normal saline as part of the apheresis collection procedure. Qualified collection staff members closely monitor the entire apheresis process.

Some Potential Side Effects

Donating blood removes iron from the body. Frequent blood donors may become iron deficient despite having an acceptable hemoglobin level. A multivitamin or iron replacement between donations may reduce the risk of iron deficiency. Serious complications are rare. However, as in any medical procedure, there are certain risks. Potential side effects include: nausea, dizziness, lightheadedness, pallor, fainting, bruising, or swelling of the arm from which blood was drawn.

PARENTAL CONSENT INFORMATION

Some Potential Side Effects...continued

On rare occasions, more severe reactions with long-term complications may occur, such as infection or nerve damage. Other possible complications include fatigue, decreased exercise tolerance for three to five days and, very rarely, allergic reaction, shortness of breath, chest pain, and decreased blood pressure.

While a small percentage of blood donors have adverse reactions, donors aged 16 to 18 do experience a higher prevalence of reactions.

To reduce the likelihood of a reaction, the blood center evaluates eligibility for younger donors based on weight and height to determine blood volume. The chart on the previous page indicates whether your blood volume is sufficient for you to donate.

Apheresis donations may have additional adverse consequences, including but not limited to symptoms of low calcium (numbness or tingling around the mouth or in your fingers, cramps, stiffness) for which you may be given oral calcium replacement, feeling of warmth, chills, allergic reactions, shortness of breath, chest pain, decreased blood pressure, or air embolism.

Parents/Legal Guardians: Help the donor have a good donation experience.

The day before donation: Make sure the donor eats a salty snack, like chips or pretzels, and has a meal that is higher in sodium, such as fast food, canned soup, pizza, etc. Some sodium is lost during donation. Replacing some of that sodium ahead of time makes donors thirsty. Drink 8-10 glasses of fluids. Being well-hydrated helps donors maintain blood volume and can prevent dizziness or fainting.

The day of donation: Make sure the donor has a hearty meal before donating, and encourage the donor to carefully follow our directions.

Safety of both the blood donor and the patient receiving the blood is of the utmost importance. Each blood donation is performed by trained professionals and includes:

- A mini-physical to ensure blood pressure, temperature, pulse, and hemoglobin count are within established parameters to safely donate blood.
- A confidential interview with our Collections staff to review each donor's medical and travel history, potential exposure to infectious diseases and the opportunity to ask questions and receive counseling regarding the donation process and related testing.
- Collection of the blood which takes just five to eight minutes on average.
- A brief rest on the donor bed and refreshments following donation to help recover and replenish fluids.
- A sample from each blood donation will be tested for HIV (AIDS), HTLV, hepatitis, syphilis, and other infectious agents as required by regulations. Abnormal test results are confidential and unless required by law, will only be reported to the donor.

If you have any questions about the blood donation process, please call the Collections Department of Blood Bank of Hawaii at 845-9966 (Oahu) or 800-372-9966 (Neighbor Islands). On behalf of the patients we serve, we thank you for your support of your teenager's wish to selflessly save lives in Hawaii.