



## **Parental/Legal Guardian Consent for Blood Donation**

Dear Parent,

If you are new to donating blood, don't worry. Donating blood is safe. This parental consent form is to provide important information before donating. Please read *before* signing.

### **Pre-Donation Instructions**

The donor should drink plenty of fluids and get plenty of sleep the day **before** donating.

On the day of donation, remind the donor to bring photo identification and this completed form, as **they are required** to donate. Please also ensure the donor eats a good meal including salty snacks on the day of donation. Iron-rich foods such as spinach, 100% iron-fortified ready-to-eat cereal, grits, oatmeal, or beef are helpful after donation to restore lost iron stores.

### **The Blood Donation Process**

Upon arrival at Blood Bank of Alaska (BBA), trained staff will administer a confidential screening. This screening consists of many travel, medical, and risk factor questions and is used to determine donor eligibility to ensure the safety, purity, and potency of the blood supply. Following the screening, a mini-physical is completed. During this physical, the donor's blood pressure, hematocrit levels, temperature, and weight are checked to ensure a safe donation.

During whole blood donation, approximately 500 mL of blood is collected using a sterile, single-use needle. Our trained staff will be present throughout the donation to make sure that the donor is comfortable and not experiencing issues.

### **Post-Donation Care Instructions**

For safety reasons, we ask that the donor remain in our refreshment area and drink fluids and eat salty snacks for at least 15 minutes after donating. Please refer to the post-donation advice card for additional care instructions.

### **Maintaining a Healthy Iron Level and Donation Frequency**

While safe, donating blood depletes iron, an important mineral that helps deliver oxygen throughout the body. To maintain healthy iron levels, we suggest that donors between the ages of 16-17 donate no more than two times a year.

Eating a healthy diet including iron-rich foods is also important in maintaining a healthy iron level. While iron is found in many different foods, not all iron is the same. Heme iron is found only in meat, poultry, and fish and is two to three times more absorbable than non-heme iron. Non-heme iron is found in plant-based and iron-fortified foods.

While vegetarian or vegan diets lack heme iron, healthy iron levels can still be achieved and maintained through carefully planning meals to include iron-rich foods, as well as foods that enhance iron absorption. Non-heme iron-rich foods include tofu, spinach, lentils, whole wheat bread, peanut butter, and brown rice.

While iron supplements may be a good way to achieve and maintain healthy iron levels, they may also be harmful to some individuals. We recommend you check with your healthcare provider or pharmacist before starting iron supplements.



**Risks of Blood Donation**

Blood donation is safe and complications are rare; however, some donors may experience bruising, lightheadedness, dizziness, fainting or injuries from falling after fainting. More serious reactions include infection and nerve injury, though these are even rarer.

If symptoms occur following your child's donation, please contact us at (907) 222-5606.

**Consent Statement**

*Please complete this section in ink. The donor's legal name is required; please do not use abbreviations or nicknames.*

I understand that I will be notified of positive test result(s) and for follow-up testing, if necessary. I also understand that if further blood tests reveal evidence of reportable infectious disease, Blood Bank of Alaska (BBA) must inform the appropriate federal and state agencies per regulations.

I have read understand the information on this form. I give my consent for my child to donate his/her blood or blood or blood components to Blood Banks of Alaska (BBA).

By signing the following, I consent for my child to donate whole blood or via automation. I understand that an additional consent form is required for donations made via automation. Additionally, I understand that if I have any questions, I can contact BBA at (907) 222-5630.

Minor's Printed Name:		Minor's Date of Birth:
Parent/Guardian Signature:		Date:
Parent/Guardian Name (Print):		
Parent Phone Number:	Parent Email Address:	
Mailing Address:		
City:	State:	Zip:

**Thank you for your family's support of Blood Bank of Alaska!**