

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: Maintain a healthy iron level in your diet by eating iron-rich foods, such as red meat, fish, poultry, beans, spinach, iron-enriched cereals and dried fruits like apricots and raisins. Eat healthy and drink plenty of fluids starting two days prior to donation. Get a good night's sleep. 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 healthy 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 a trained Blood Bank of Hawaii staff member 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 (808) 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.