



DONOR INSTRUCTIONS

Please review all documents in this binder:

- Blood Donor Education Material
- Medication Deferral List
- Donor History Questions – Additional Questions
- Iron Supplementation
- Blood Donation Consent

Complete the blood donor questionnaire by answering each question. Refer to the binder materials for questions concerning the Medication Deferral List and Additional Questions.

If you have any questions about the materials in this binder or about the donation process, please don't hesitate to ask a Donor Care Associate.

Thank you for donating blood today!

ATTENTION DONORS

Effective January 9, 2023, significant changes were made to the Donor Questionnaire.

- Questions 41, 42, and 43 on the Donor Questionnaire have changed.
- Questions have been added to the Donor History Questionnaire-Additional Questions.

Please ask a Donor Care Associate
if you have questions about the changes.

DONOR EDUCATION MATERIAL

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

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.

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

WHAT HAPPENS AFTER YOUR DONATION

To protect patients, your blood is tested for several types of hepatitis, HIV, syphilis, and other infections. 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).

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 ever had HIV/AIDS or have ever had a positive test for the HIV/AIDS virus
- Have used needles to take any drugs not prescribed by your doctor **IN THE PAST 3 MONTHS**
- Have taken money, drugs or other payment for sex **IN THE PAST 3 MONTHS**
- Have had sexual contact **IN THE PAST 3 MONTHS** with anyone who has ever had HIV/AIDS or has ever had a positive test for the HIV/AIDS virus, ever taken money, drugs or other payment for sex, or ever used needles to take any drugs not prescribed by their doctor
- Are a male who has had sexual contact with another male, **IN THE PAST 3 MONTHS**
- Are a female who has had sexual contact **IN THE PAST 3 MONTHS** with a male who has had sexual contact with another male **IN THE PAST 3 MONTHS**
- Have had syphilis or gonorrhea **IN THE PAST 3 MONTHS**
- Have been in juvenile detention, lockup, jail or prison for 72 or more consecutive hours **IN THE PAST 12 MONTHS**
- Have a history of Ebola virus infection or disease

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.

DO NOT DONATE if you have these symptoms which can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

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.

IMPORTANT NEW INFORMATION

DO NOT DONATE if you:

- Are taking any medication to prevent an HIV infection. These medications may be called: **PrEP, PEP, TRUVADA, DESCovy, APREtude** or many other names.
- Have taken any medication by mouth in the past 3 months to prevent an HIV infection.
- Have received an injection or shot in the past 2 years to prevent an HIV infection.
- Have **EVER** taken any medication to treat an HIV infection.

DO NOT donate if your donation might harm the patient who receives the transfusion.

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 the health of the recipient of your blood.

PLEASE TELL US IF YOU:

Are being treated with the following types of medications:	or have taken:	which is also called:	anytime in the last:	
Antiplatelet agents (usually taken to prevent stroke or heart attack)	Feldene	piroxicam	14 days (for platelet donations only)	
	Effient	prasugrel		
	Brilinta	ticagrelor		
	Plavix	clopidogrel		
	Ticlid	ticlopidine		
	Zontivity	vorapaxar	1 month (for platelet donations only)	
Anticoagulants or “blood thinners” (usually to prevent blood clots in the legs and lungs and to prevent strokes)	Xarelto	rivaroxaban	7 days	
	Fragmin	dalteparin		
	Lovenox	enoxaparin		
	Pradaxa	dabigatran		
	Eliquis	apixaban		
	Savaysa	edoxaban		
	Coumadin Warfilone Jantoven	warfarin		
	Heparin, low molecular weight heparin			
Arixtra	fondaparinux			
Acne treatment	Accutane Amnesteem Absorica Claravis	Myorisan Sotret Zenatane	isotretinoin	1 month
Multiple myeloma	Thalomid		thalidomide	
Rheumatoid arthritis	Rinvoq		upadacitinib	
Hair loss remedy	Propecia		finasteride	
Prostate symptoms	Proscar		finasteride	6 months
	Avodart		dutasteride	
	Jalyn			
Immunosuppressant	Cellcept		mycophenolate mofetil	6 weeks
HIV Prevention (PrEP and PEP)	Truvada, Descovy, Tivicay, Isentress		tenofovir, emtricitabine, dolutegravir, raltegravir	3 months
	Apretude-injectable HIV prevention		cabotegravir	2 years
Basal cell skin cancer	Erivedge Odomzo		vismodegib sonidegib	2 years
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	3 years
	Tegison		etretinate	Ever
HIV treatment also known as antiretroviral therapy (ART)				

MEDICATION DEFERRAL LIST

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. 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), and Rinvoq (upadacitinib) 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.

PrEP or pre-exposure prophylaxis involves taking a specific combination of medicines as a prevention method for people who are HIV negative and at high risk of HIV infection.

PEP or post-exposure prophylaxis is a short-term treatment started as soon as possible after a high-risk exposure to HIV to reduce the risk of infection.

ART or antiretroviral therapy is the daily use of a combination of HIV medicines (called an HIV regimen) to treat HIV infection.

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.

DONOR HISTORY QUESTIONNAIRE ADDITIONAL QUESTIONS

Do any of the following questions apply to you within the timeframes indicated?

Answering YES to a question does not necessarily defer you from donating blood today.

Have you...		anytime in the last...
1	Had a blood transfusion?	4 months
2	Had a transplant such as organ, tissue, or bone marrow?	
3	Had a graft such as bone or skin?	
4	Come into contact with someone else's blood?	
5	Had an accidental needle stick?	
6	Had sexual contact with anyone who has ever had HIV/AIDS or has ever had a positive test for the HIV/AIDS virus?	
7	Had sexual contact with a prostitute or anyone else who has ever taken money or drugs or other payment for sex?	
8	Had sexual contact with anyone who has ever used needles to take drugs or steroids, or anything <u>not</u> prescribed by their doctor?	
9	Male donors: Had sexual contact with another male?	
10	Female donors: Had sexual contact with a male who had sexual contact with another male in the past 4 months?	
11	Had a tattoo?	
12	Had ear or body piercing?	
13	Used needles to take drugs, steroids, or anything <u>not</u> prescribed by your doctor?	
14	Received money, drugs, or other payment for sex?	
15	Had an endoscopic procedure with a biopsy?	
16	Had a cornea transplant?	Ever
17	Been diagnosed with hepatitis B or hepatitis C?	
18	Had a blood relative diagnosed with Creutzfeldt-Jakob disease?	
19	Been treated with human pituitary substance (also known as human growth hormone) derived from pituitary glands?	

IRON SUPPLEMENTATION

*The Rock River Valley Blood Center, in conjunction with AABB, strongly recommends that donors replenish iron lost through the donation process:

- We recommend that successful red cell or whole blood donors take an iron supplement daily for up to 60 days (8 weeks). The amount of iron recommended is between 18-36 mg. Please follow the manufacturers recommended dosage and **do not** take more than recommended for the product selected.
 - Multivitamin tablets labeled as containing iron may be used. Most vitamins labeled “senior” or “silver” do not contain iron.
 - Different types of iron salts (e.g., sulfate and gluconate) seem to be equally effective.
 - Some drug store chains have 28 mg ferrous gluconate tablets available at a low price.
- Check with your doctor before taking iron if you or any family member has a history of:
 - Hemochromatosis,
 - Familial polyposis
 - Colon cancer
- If you experience any stomach or gastrointestinal upset, stop the iron until you are free of symptoms.

On Behalf of the patients and their families THANK YOU for your willingness to donate blood and/or platelets. You are making a difference in the lives of many.