

Sixteen-Year-Old Blood Donor Parental Consent Form

Your 16-year-old has expressed interest in donating blood with the Rock River Valley Blood Center. Your child will be donating either whole blood or blood components such as red cells, platelets and/or plasma using automated technology. The donation will occur at a blood drive or a donor center. We hope that you support and encourage your child's decision to donate blood. By becoming a blood donor, your child is showing great civic responsibility, maturity, and a sense of community pride. Through their blood donation, your child has the potential to save up to 3 lives!

To donate, your child must be at least 16 years old, weigh at least 110 pounds, and be in good general health. On the day of donation, your child should eat a good meal and be well hydrated.

Whole blood donation is a safe procedure using only sterile single-use supplies. On occasion, donors may experience mild to moderate side effects including a light-headed or dizzy feeling, upset stomach, fainting, and pain or slight bruising where the needle was inserted.

Automated donation is a procedure in which we use a machine to draw blood and separate it into different parts (the desired component(s) is removed and the remainder is returned to the donor). Automated donation may have the same side effects as whole blood donation. Citrate used during automation may cause chills, tingling sensations, muscle cramping, or numbness. Donors may be given oral calcium supplements during the procedure to manage these symptoms. If your child experiences any reaction, you will be notified. For further information regarding the blood donation procedure, please go to www.rrvbc.org.

Additionally, RRVBC recommends iron supplements for all blood donors. Please see the backside of this form for those suggestions.*

Your child's blood will be tested for various infectious agents including hepatitis and HIV. If there are any positive test results, both you and your child will be notified.

State law requires a written parental consent for all sixteen-year-old donors. Please complete the parental consent form provided at the bottom of this page. Only forms signed by a parent or guardian will be accepted at the time of donation. A signed consent will be required for each donation until the donor reaches the age of 17.

If you have any questions regarding your child's decision, please contact Rock River Valley Blood Center at (815) 965-8751.

**Please fill out the form below and return with your child.
Please keep the top portion for your records.**

I give permission/consent for (print) _____, to make a voluntary donation of blood to the Rock River Valley Blood Center.

Name of Parent/Guardian (print) _____ Date _____

Phone Number where you can be reached the day of the blood drive: (_____) _____

Parent/Guardian Signature: _____

ROCK RIVER VALLEY BLOOD CENTER ROCKFORD, ILLINOIS



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*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.