



DONOR INSTRUCTIONS

Please review all documents in this binder:

- Blood Donor Educational 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 August 7, 2023, significant changes were made to the Donor Education Material Binder.

- Questions have been added or changed on the Blood Donor Questionnaire. Please read each question carefully.
- Blood Donor Educational Material content has been 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.

YOU MUST READ THIS BEFORE YOU DONATE!

- Your **accurate and honest** responses are critical to the safety of patients who receive blood transfusions.
- Each question is necessary to fully evaluate the safety of your donation.
- As required by regulations, we are instructing you not to donate blood if you have a risk factor.
- If you don't understand a question, ask the blood center staff for assistance.
- YOUR RESPONSES ARE CONFIDENTIAL.

To determine if you are eligible to donate, we will:

- Ask about your health and medications you are taking or have taken.
- Ask if you have traveled to or lived in other countries.
- Ask about your risk for infections that can be transmitted by blood – especially HIV (which is the virus that causes AIDS), and viral hepatitis.
- Take your blood pressure, temperature, and pulse.
- Take a blood sample to be sure your blood count is acceptable before you 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 sterile needle and tubing set to collect your blood.

We NEVER reuse a needle or tubing set.

WHAT HAPPENS AFTER YOUR DONATION

To protect patients, your blood is tested for hepatitis B and C, HIV, syphilis, and other infections. If your blood tests positive, it will not be given to a patient. You will be notified about any positive test result which may affect when you are eligible to donate in the future. There are times when your blood is not tested. If this occurs, you may not receive any notification. 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 infectious diseases, such as HIV and hepatitis, can be spread through:

- Sexual contact
- Other activities that increase risk
- Blood transfusion

We will ask specific questions about sexual contact and other activities that may increase risk for these infections.

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. These questions apply to all of the activities below, whether or not medications, condoms or other protection were used to prevent infection or pregnancy:

- 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)

A “new sexual partner” includes the following examples:

- Having sex with someone for the first time
OR
- Having had sex with someone in a relationship that ended in the past, and having sex again with that person in the last 3 months.

HIV/Hepatitis risk factors

HIV and hepatitis are spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person to inject drugs.

BLOOD DONOR EDUCATIONAL MATERIAL

YOU MUST READ THIS BEFORE YOU DONATE!

DO NOT DONATE if you:

- Have **EVER** taken any medication to treat HIV infection.
- Are taking any medication to prevent HIV infection. These medications may be called: PrEP, PEP, TRUVADA, DESCOVY, APRETUDE or many other names.

FDA-approved antiretroviral drugs are safe and effective in preventing sexual transmission of HIV. However, these antiretroviral drugs do not fully eliminate the virus from the body, and donated blood can potentially still transmit HIV infection to a transfusion recipient.

DO NOT STOP TAKING ANY PRESCRIBED MEDICATIONS IN ORDER TO DONATE BLOOD, INCLUDING PrEP and PEP MEDICATIONS.

DO NOT DONATE if you:

- Have **EVER** had a positive test for HIV infection.
- **In the past 3 months:**
 - Have had sexual contact with a new partner and have had anal sex.
 - Have had sexual contact with more than one partner and have had anal sex.
 - Have had sexual contact with anyone who has ever had a positive test for HIV infection.
 - Have received money, drugs, or other payment for sex.
 - Have used needles to inject drugs, steroids, or anything not prescribed by your doctor.
 - Have had sexual contact with anyone who has received money, drugs, or other payment for sex, or used needles to inject drugs, steroids, or anything not prescribed by their doctor.
 - Have had syphilis or gonorrhea or been treated for syphilis or gonorrhea.
- **In the past 12 months:**
 - Have been in juvenile detention, lockup, jail or prison for 72 hours or more consecutively.
- Have **EVER** had Ebola virus infection or disease.

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

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

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

DO NOT DONATE:

- If you think you may be at risk for HIV or other infections.
- If your purpose for donating is to obtain test results for HIV or other infections. Ask us where you can be tested for HIV and other infections.
- If your donation might harm the patient who receives your blood.

THANK YOU FOR DONATING BLOOD TODAY!

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 ANY OF 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 taken to prevent blood clots in the legs and lungs and to prevent strokes)	Arixtra	fondaparinux	7 Days	
	Eliquis	apixaban		
	Fragmin	dalteparin		
	Lovenox	enoxaparin		
	Pradaxa	dabigatran		
	Savaysa	edoxaban		
	Xarelto	rivaroxaban		
	Coumadin, Warfilone, Jantoven	warfarin		
	Heparin, low-molecular-weight heparin			
Acne treatment	Accutane Claravis Zenatane	Amnesteem Myorisan Absorica Sotret	isotretinoin	1 Month
Multiple myeloma	Thalomid Revlimid		thalidomide lenalidomide	
Rheumatoid arthritis	Rinvoq		upadacitinib	
Hair loss remedy	Propecia		finasteride	
Prostate symptoms	Proscar Avodart Jalyn		finasteride dutasteride	
Immunosuppressant	Cellcept		mycophenolate mofetil	6 Months
Hepatitis exposure	Hepatitis B Immune Globulin		HBIG	6 Weeks
HIV prevention (also known as PrEP or PEP)	Any medication taken by mouth (oral) to prevent HIV	Truvada	emtricitabine and tenofovir disoproxil fumarate	3 Months
		Descovy	emtricitabine and tenofovir alafenamide	
	Injectable HIV prevention	Apretude	cabotegravir	2 Years
Basal cell skin cancer	Erivedge Odomzo		vismodegib sonidegib	2 Years
Relapsing multiple sclerosis	Aubagio		teriflunomide	
Rheumatoid arthritis	Arava		leflunomide	
Psoriasis	Soriatane		acitretin	3 Years
	Tegison		etretinate	Ever
HIV treatment	Any medication to treat HIV. May also be called antiretroviral therapy (ART)			
Experimental medication				12 months

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...		Timeframe...
1	Had a blood transfusion?	In the last 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	Spent time that adds up to 3 months or more in the United Kingdom countries of England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, or the Falkland Islands?	From 1980 through 1996
17	Spent time that adds up to 5 years or more in France or Ireland? (Northern Ireland not included.)	From 1980 through 2001
18	Received a blood transfusion in France, Ireland, England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, or the Falkland Islands?	From 1980 to the present
19	Had a cornea transplant?	Ever
20	Been diagnosed with hepatitis B or hepatitis C?	
21	Had a blood relative diagnosed with Creutzfeldt-Jakob disease?	
22	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