

 Children's Hospital Colorado	BDC.000 Donor Registration and Qualification	Origination Date: 1/24/2012
	Permission for Minors to Donate Blood	Revision Date: 11/11/2019
	Att. 3.4	Page 1 of 1

What You Need to Know About Giving Blood

Thank you for your interest in becoming a blood donor. Be sure to share this information with your parent(s) or guardian(s) and have them sign the permission slip below. Your donation is a lifesaving gift, and we want to make your blood donation a pleasant and rewarding experience. Upon reaching 18 years of age you will no longer need parental consent to donate blood.

The entire donation process takes approximately 1 hour. We encourage you to ask Blood Donor Center staff any questions you have about giving blood. During and after giving blood most donors feel fine. Occasionally, a donor may experience weakness, dizziness, or fainting. **Such cases can often be avoided by eating a good meal and drinking fluids within four hours of donation.** In other cases, a donor may experience some tenderness, bruising, bleeding or infection at the site where the needle was inserted. It is not possible to contract any disease from donating blood.

Basic Donation Requirements:

- Government-issued photo identification showing date of birth
- Signed permission form
- Be at least 17 years of age
- Weigh at least 110 pounds
- No cold, sore throat, or flu symptoms

There are three steps to the donation process:

Step One –MEDICAL EVALUATION

The purpose of the medical evaluation is to determine if giving blood is safe for you and if your blood will be safe for a patient to receive. Staff is required to ask all donors, regardless of how many times they have donated in the past, specific questions about their medical history and sexual behavior – including any activity that may increase the risk of HIV/AIDS/hepatitis. **All information is kept strictly confidential.**

The blood collection staff will:

- Review your medical history
- Perform a brief physical exam (blood pressure, temperature, pulse)
- Take a few drops of blood from your finger to measure your hemoglobin

Step Two –BLOOD DONATION

The blood collection staff will:

- Use only new, sterile, disposable equipment for each step of the donation process.
- Draw one unit (pint) of your blood.
- Clean and bandage your arm.

It usually takes about 7-15 minutes to withdraw one unit (pint) of blood.

Step Three –FOLLOWING DONATION

- Spend 10-15 minutes in the refreshment area drinking juice and eating snacks provided by the Donor Center.
- Follow instructions given to you by Donor Center staff.
- Make sure you are feeling well before you leave. If you are not feeling well, inform the staff.

If you have any questions or problems, please call the Donor Center at 720-777-5398.

PERMISSION FOR MINORS (17 year olds) TO DONATE BLOOD

✂ Cut along dotted line ✂

_____ has my permission to donate blood, which will undergo testing for infectious diseases and a portion of which may be used for research.

Parent/Guardian Signature _____ Date _____

Parent/Guardian Contact Phone Number _____

For Staff Use Only

Donor has eaten and had fluids in the past 3-4 hours? Yes No (If No, offer food and drink before donation.)