

WHAT TO EXPECT DURING YOUR DONATION

IMPORTANT INFORMATION:

Pre-donation:

- Drinking plenty of fluids, eating a good meal, increasing your salt intake slightly, and receiving plenty of rest prior to your donation are important factors to a positive donation experience.

Donation:

- It is crucial that the health and lifestyle questions asked during the Donor History Screening process are answered with honesty. These questions are mandated by the Food & Drug Administration (FDA) to ensure a safe blood supply. All answers are confidential and used only to determine donor eligibility.
- If you feel uncomfortable or believe your blood may not be eligible for donation during any step of the donation process, simply tell a LifeServe Blood Center team member and we will discontinue the donation process.
- During the donation process, the vast majority of donors feel fine. However, some donors may experience dizziness, light-headedness or nausea. There may be slight pain, numbness, tingling, bruising or a red mark where the needle was inserted.

Post-donation:

- Avoid vigorous exercise after your donation.
- Do not smoke within one hour of your donation.
- Do your best to drink four extra glasses of water over the next couple of days to rehydrate.
- Apply firm pressure if the needle site starts to bleed.
- Contact LifeServe Blood Center if you have specific care questions at 800-287-4903, ext. 4876.

There is no substitute for your donation, so each and every time you give you make a difference. You save lives!

*Giving blood is safe and simple and the benefit is profound – **you will save lives**. All across the globe and right in your neighborhood, someone needs blood to fight a disease or illness, accident or injury. With your blood donation today, you will help a family during their critical time of need.*

DONATION PROCESS:

Donor History Screening

We want to make sure you are healthy prior to your donation. During this step in the process you will:

- Receive a mini-physical
- Answer health and lifestyle questions
- Have your hemoglobin checked

Donation

During your donation, our professional LifeServe Blood Center team members will take great care of you! Sit back and relax as one of our team members collect your donation – one pint takes about five to 10 minutes. You may feel a slight pinch, but that's it!

Snacks

After your donation, you will receive post-donation instructions and be directed to the snack area where you will rest and enjoy refreshments knowing you made a huge difference with your generous donation!

*Thank you for being a **blood** donor!*

YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.

BLOOD DONOR EDUCATIONAL MATERIAL

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
- Blood transfusion
- Other activities that increase risk

We will ask specific questions about sexual contact and other activities that may increase the 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 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.

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, APRETEUDE 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
- Sore throat
- Enlarged lymph glands
- 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!

LifeServe Blood Center | 800.287.4903