



**Information for Young Donors and Permission for Minors**

Thank you for your interest in becoming a blood donor. Your donation is a lifesaving gift, and we want to make your blood donation a pleasant and safe experience. Please read the following information and be sure to share this information with your parent(s) or guardian(s). If applicable, have your parent or guardian sign the permission form below. Permission for minors is required for 16 and 17 year old donors in Washington State. Permission will remain in effect until you are 18 years of age unless revoked, in writing, by your parent/legal guardian.

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

- Ask questions about health, medications, sexual behavior and travel.
- Take your blood pressure, temperature, pulse, a small blood sample and verify your weight to make sure you meet the requirements.

**If you are able to donate we will:**

- Clean your arm with an antiseptic. If you had a previous reaction to our antiseptic cleansing solutions, please tell us!
- Use a new, sterile, disposable needle to collect your blood.

Your complete honesty in answering all questions is very important for the safety of patients who receive your blood. All information you provide is confidential.

Most donors have uneventful donations. Occasionally there may be side effects such as weakness, dizziness, and fainting. There may also be tenderness, bruising, bleeding, or rarely, an infection at the site where the needle is inserted. Injuries can occur if the donor faints and falls, but such instances are rare. Reaction rates are somewhat increased in donors who are young, first-time, female, or low-weight. If a reaction occurs, you will be cared for by trained Bloodworks staff.

**In order to minimize the chance of significant side effects, we ask you to:**

- Make sure you get enough sleep, drink additional fluids, and eat **before** donating.
- Tell Bloodworks staff if you are particularly anxious about donating.
- After donation, spend at least 10 – 15 minutes in the refreshment area drinking liquids and eating cookies/crackers/etc.
- Make sure you are feeling well before you leave. If you are not feeling well, inform the attendant.
- Read the Post Donation Instructions, and be sure to take them with you when you leave.

Your blood will be tested for various infectious agents, including HIV and hepatitis. Bloodworks may use the part of your donation not used for transfusion or the information contained in your registration form for quality control or investigational purposes. If we become aware of any results that are of importance to your health or that affect your eligibility to donate, we will notify you. All donor records are strictly confidential. However, state law requires that Bloodworks report to the local health department the names of all persons with confirmed positive tests for certain infectious diseases. Donor records may be reviewed by regulatory agencies and manufacturers of donor tests; in the latter instance, donor identification is concealed.

**For more information about eligibility, blood donations, or if you have any questions please call BloodworksNW (206) 292-2543 or 1-800-DONATE-1, ext. 2543 or visit our website at [www.bloodworksnw.org](http://www.bloodworksnw.org)**

**PERMISSION FOR MINORS (Required for 16 and 17 year old donors in Washington State)**

This permission will remain in effect until you are 18 years of age unless revoked, in writing, by your parent/legal guardian. (20-9-172 01 form effective date 07-11-2018)

Unit #

**On the date of donation:**

- Bring photo identification showing first and last name.
- Be free of cold or infection.
- Eat a balanced meal and drink about 16 ounces of fluid (preferably water) 3 – 4 hours before donating.

**(Please complete the form using indelible blue or black ink. Electronic signature is not acceptable.)**

Donor's Name (Printed): \_\_\_\_\_  
First Middle Last

Donor's Date of Birth (mm/dd/yyyy): \_\_\_\_\_ Has my permission to donate blood.

Parent/Guardian Name (Printed): \_\_\_\_\_  
First Middle Last

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Phone: \_\_\_\_\_

## **Information about Maintaining Healthy Iron Levels**

Iron: Your body – and everybody – needs it! Iron is an essential mineral that helps move oxygen to all the organs and tissues in your body, and helps turn food into energy. Your good health depends on iron, just like we depend on you as a blood donor. To support your donation commitment we would like to share new information about the impact of red blood cell donation on a donor’s iron “stores.” Recent studies involving young donors indicate that keeping iron stores adequate – so that your body can quickly replace your red blood cells after a donation – can be a challenge. Fortunately, your diet is the first resource for keeping iron stores in balance.

The best way to boost your iron level is to eat a healthy diet with plenty of iron-rich foods. These include beans, nuts, seeds, dark leafy greens, root vegetables, dried fruits, enriched and whole grain breads, lean red meats, shellfish, whole grains, and eggs. Maintain healthy iron levels by eating regular, nutritionally balanced meals, and drink plenty of fluids.

As well as following these dietary suggestions, iron supplements or vitamins containing iron are strongly recommended. The supplements are intended to replace the iron stores lost during blood donation to keep your iron stores in balance. Your body typically absorbs enough iron to replace what is lost during donation. Once stores are replaced, your body stops absorbing iron to prevent having too much iron in the body.

We have iron supplements available for you free-of-charge at all of our donation centers for pick up. We will also mail iron supplements to your home if your parents complete an online request form at [BloodworksNW.org/IRON](https://BloodworksNW.org/IRON). Iron supplements are also widely available in many forms over-the-counter at drug stores or pharmacies. As you should with any medicine or supplement, please read the label carefully. People with a family history of hemochromatosis or symptoms of inflammatory bowel disease should not take iron supplements. Your healthcare provider can tell you if iron supplements are right for you.

**Please visit [BloodworksNW.org/IRON](https://BloodworksNW.org/IRON) for more information about iron and your body.**