

FDA REQUIRED READING

Blood Donor Educational Material READ THIS BEFORE YOU DONATE!

We know that you would not donate unless you think your blood is safe. However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately. If you don't understand a question, ask the blood center staff. All information you provide is confidential.

To determine if you are eligible to donate we will:

- Ask about your health and travel
- Ask about medicines you are taking or have taken
- Ask about your risk for infections that can be transmitted by blood – especially AIDS and viral hepatitis
- Take your blood pressure, temperature and pulse
- Take a blood sample to be sure your blood count is acceptable

If you are eligible to donate we will:

- Clean your arm with an antiseptic. Tell us if you have any skin allergies
- Use a new, sterile, disposable needle to collect your blood

DONOR ELIGIBILITY – SPECIFIC INFORMATION:

Certain diseases, such as AIDS and hepatitis, can be spread through sexual contact and enter your bloodstream. We will ask specific questions about sexual contact.

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, and apply to any of the activities below, whether or not a condom or other protection was used:

- 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)

HIV/AIDS risk behaviors

HIV is the virus that causes AIDS. It is spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person for injecting drugs.

Some medications affect your eligibility as a blood donor, for the following reasons:

Anti-platelet agents affect platelet function, so people taking these drugs should not donate platelets for the indicated time; however, you may still be able to donate whole blood or red blood cells by apheresis.

Anticoagulants or "blood thinners" are used to treat or prevent blood clots in the legs, lungs, or other parts of the body, and to prevent strokes. These medications affect the blood's ability to clot, which might cause excessive bruising or bleeding when you donate; however, you may still be able to donate whole blood or red blood cells by apheresis.

Isotretinoin, finasteride, dutasteride acitretin and etretinate can cause birth defects. Your donated blood could contain high enough levels to damage the unborn baby if transfused to a pregnant woman.

Thalomid (thalidomide), Erivedge (Vismodegib), Odomzo (sonidegib), Aubagio (teriflunomide) can cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

Cellcept (mycophenolate mofetil) and Arava (leflunomide) are immunosuppressants which may cause birth defects or the death of an unborn baby if transfused to a pregnant woman

Growth hormone from human pituitary glands was prescribed for children with delayed or impaired growth. The hormone was obtained from human pituitary glands, which are in the brain. Some people who took this hormone developed a rare nervous system condition called Creutzfeldt-Jakob Disease (CJD, for short).

Insulin from cows (bovine, or beef, insulin) is an injected medicine used to treat diabetes. If this insulin came to the United States from the United Kingdom (where “mad cow disease” has occurred) it could contain material from cattle that have “mad cow disease.” Although no cases of the human type of “mad cow disease” have been reported in people treated with bovine (beef) insulin, there is concern that someone exposed to “mad cow disease” through beef insulin could transmit it to someone who receives their blood.

Hepatitis B Immune Globulin (HBIG) is an injected material used to prevent hepatitis B infection following a possible or known exposure to hepatitis B. HBIG does not prevent hepatitis B infection in every case; therefore, persons who have received HBIG must wait to donate blood.

Experimental Medication or Unlicensed (Experimental) Vaccine is usually associated with a research study, and the effect on the safety of transfused blood is unknown.

DO NOT donate if you:

- Have AIDS or have ever had a positive HIV test
- Have EVER used needles to take any drugs not prescribed by your doctor
- Are a male who has had sexual contact with another male, IN THE PAST 12 MONTHS
- Have EVER taken money, drugs or other payment for sex
- Have had sexual contact in IN THE PAST 12 MONTHS with anyone described above
- Have had syphilis or gonorrhea IN THE PAST 12 MONTHS
- Have been in juvenile detention, lockup, jail or prison for more than 72 consecutive hours IN THE PAST 12 MONTHS

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

DO NOT donate to get an HIV test. If you think you may be at risk for HIV/AIDS or any other infection, do not donate simply to get a test. Ask us where you can be tested outside the blood center. The following symptoms can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

DO NOT donate if you have these symptoms!

Travel to or birth in other countries: Blood donor tests may not be available for some infections that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.

WHAT HAPPENS AFTER YOUR DONATION

To protect patients, your blood is tested for several types of hepatitis, HIV, syphilis, and other infections. If your blood tests positive it will not be given to a patient. There are times when your blood is not tested. If this occurs, you may not receive any notification. You will be notified about any positive test result which may disqualify you from donating in the future. The blood center will not release your test results without your written permission unless required by law (e.g. to the Health Department).

Donors SHOULD NOT discontinue medications prescribed or recommended by their physician in order to donate blood.

Please continue to the back of this page for more information that must be read before donation!

Variant Creutzfeldt-Jakob (vCJD) Countries of Risk

European Countries for ≥ 5 years (1980-present):

-Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France including its overseas departments (e.g. Martinique and others), Germany, Greece, Hungary, Ireland, Italy, Kosovo, Liechtenstein, Luxembourg, Macedonia, Montenegro, Netherlands (Holland), Norway, Poland, Portugal (including Azores), Romania, Serbia, Slovak Republic, Slovenia, Spain including the Canary Islands and Spanish North African territories, Sweden, Switzerland, United Kingdom, Yugoslavia (or the former Federal Republic of Yugoslavia)

Geographic Deferral for United Kingdom ≥ 3 months (1980-1996): England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, and the Falkland Islands.

Military Travel Deferral for vCJD: Total time of 6 months or more associated with a military base in:

- From 1980- 1990 in Belgium, Germany, the Netherlands (Holland)
- From 1980- 1996 in Spain, Portugal, Turkey, Italy or Greece

Medication Deferral List

Please tell us if you are now taking or if you have **EVER** taken any of these medications:

DO NOT discontinue medications prescribed or recommended by your physicians in order to donate blood.

Are being treated with the following types of medications....	or have taken...	which is also called...	anytime in the last....
Anti-platelet agents (usually taken to prevent stroke or heart attack) Whole Blood Donation acceptable	Feldene	piroxicam	2 Days
	Effient	prasugrel	3 Days
	Brilinta	ticagrelor	7 days
	Plavix	clopidogrel	14 days
	Ticlid	ticlopidine	
	Zontivity	vorapaxar	1 Month
Anticoagulants or “blood thinners” (usually to prevent blood clots in the legs and lungs and to prevent strokes)	Arixtra	fondaparinux	2 days
	Xarelto	rivaroxaban	
	Fragmin	dalteparin	
	Lovenox	enoxaparin	
	Pradaxa	dabigatran	
	Eliquis	apixaban	
	Savaysa	edoxaban	7 days
	Coumadin Warfilone Jantoven	warfarin	
	Heparin, low molecular weight heparin	heparin	
Acne treatment	Accutane Amnesteem Absorica Claravis Myorisan Sotret Zenatane	isotretinoin	1 month
Multiple Myeloma	Thalomid	Thalidomide	
Hair loss remedy	Propecia	finasteride	
Prostate symptoms	Proscar	finasteride	
	Avodart Jalyn	dutasteride	6 months
Immunosuppressant	Cellcept	mycophenolate mofetil	6 weeks
Basal cell skin cancer	Erivedge Odomzo	Vismodegib Sonidegib	24 months
Relapsing multiple sclerosis	Aubagio	teriflunomide	
Rheumatoid Arthritis	Arava	Leflunomide	
Psoriasis	Soriatane	acitretin	36 months
	Tegison	etretinate	Ever
Hepatitis exposure	Hepatitis B Immune Globulin	HBIG	12 months
Experimental Medication or Unlicensed (Experimental) Vaccine			12 months
Growth hormone from human pituitary glands*			Ever
Insulin from Cows (Bovine or Beef Insulin) manufactured in the United Kingdom*			

*No longer available in US