

# 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

### 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.

### 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

### 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).

### 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.

### DO NOT donate if you:

- Have ever had HIV/AIDS or have ever had a positive test HIV/AIDS virus
- Have used needles to take any drugs not prescribed by your doctor IN THE PAST 3 MONTHS
- Have taken money, drugs or other payment for sex IN THE PAST 3 MONTHS
- Have had sexual contact in IN THE PAST 3 MONTHS with anyone who has ever had HIV/AIDS or has ever had a positive test for the HIV/AIDS virus, ever take money, drugs or other payment for sex, or ever used needles to take any drugs not prescribed by their doctor
- Are a male who has had sexual contact with another male, IN THE PAST 3 MONTHS
- Are a female who has had sexual contact IN THE PAST 3 MONTHS with a male who has had sexual contact with another male IN THE PAST 3 MONTHS
- Have had syphilis or gonorrhea IN THE PAST 3 MONTHS
- Have been in juvenile detention, lockup, jail or prison for 72 or more consecutive hours IN THE PAST 12 MONTHS
- Have a history of Ebola virus infection or disease

**DO NOT donate to get a 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.

**DO NOT donate if you** have these symptoms which can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

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.

### IMPORTANT NEW INFORMATION

#### DO NOT DONATE if you:

- **Are taking any medication to prevent HIV infection these medications may be known by you under the following names: PrEP, PEP, TRUVADA, or DESCOVY**
- **Have taken such a medication in the past 3 months.**
- **Have EVER taken any medication to treat HIV infection.**

**DO NOT** donate if your donation might harm the patient who receives the transfusion

### DO NOT STOP taking medications prescribed by your doctor in order to donate blood.

*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. 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. 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), Rinvoq (upadacitinib)** may 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.

**PrEP or pre-exposure prophylaxis** involves taking a specific combination of medicines as a prevention method for people who are HIV negative and at high risk of HIV infection.

**PEP or post-exposure prophylaxis** is a short-term treatment started as soon as possible after a high-risk exposure to HIV to reduce the risk of infection.

**ART or antiretroviral therapy** is the daily use of a combination of HIV medicines (called an HIV regimen) to treat HIV infection.

**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.

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**Experimental medication or unlicensed (experimental) Vaccine** is usually associated with a research study, and the effect on the safety of transfused blood is unknown.

### 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 on the health of the recipient of your blood.

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

Are being treated with the following types of medications....	Or have taken...	which is also called...	anytime in the last...	
<b>Anti-platelet agents (usually taken to prevent stroke or heart attack)</b> <b>Whole Blood Donation acceptable</b>	Feldene	piroxicam	<b>2 Days</b>	
	Effient	prasugrel	<b>3 Days</b>	
	Brillinta	ticagrelor	<b>7 Days</b>	
	Plavix	clopidogrel	<b>14 Days</b>	
	Ticlid	ticlopidine		
	Zontivity	vorapaxar	<b>1 Month</b>	
<b>Anticoagulants or “blood thinners” (usually to prevent blood clots in the legs and lungs and to prevent strokes)</b>	Arixtra	fondaparinux	<b>2 Days</b>	
	Eliquis	apixaban		
	Fragmin	dalteparin		
	Lovenox	enoxaparin		
	Pradaxa	dabigatran		
	Savaysa	edoxaban		
	Xarelto	rivaroxaban		
	Coumadin, Warfilone, Jantoven	warfarin	<b>7 Days</b>	
<b>Acne Treatment</b>	Accutane Amnesteem Absorica Claravis Myorisan Sotret Zenatane		<b>1 Month</b>	
	<b>Multiple Myeloma</b>	Thalomid		thalidomide
	<b>Rheumatoid Arthritis</b>	Rinvoq		upadacitinib
	<b>Hair loss remedy</b>	Propecia		finasteride
	<b>Prostate symptoms</b>	Proscar		
		Avodart Jalyn		dutasteride
	<b>Immunosuppressant</b>	Cellcept		mycophenolate mofetil
<b>HIV Prevention (PrEP and PEP)</b>	Truvada, Descovy, Tivicay, Isentress	Tenofovir, emtricitabine dolutegravir, raltegravir	<b>3 months</b>	
<b>Basal Cell skin cancer</b>	Erivedge Odomzo	vismodegib sonidegib	<b>24 Months</b>	
<b>Relapsing multiple sclerosis</b>	Aubagio	teriflunomide		
<b>Rheumatoid arthritis</b>	Arava	leflunomide		
<b>Hepatitis exposure</b>	Hepatitis B Immune Globulin	HBIG	<b>12 Months</b>	
<b>Experimental Medication of Unlicensed (Experimental) Vaccine</b>				
<b>Psoriasis</b>	Soriatane	acitretin	<b>36 Months</b>	
	Tegison	Eretinate	<b>Ever</b>	
<b>HIV treatment also known as antiretroviral therapy (ART)</b>				