

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
- Other activities that increase risk
- Blood transfusion

We will ask specific questions about sexual contact and other activities that may increase 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 had 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, APRETUDE** 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
- Enlarged lymph glands
- Sore throat
- 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!

Inova Blood Donor Services 1-866-BLOODSAVES (1-866-256-6372)

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 ANY OF THE FOLLOWING TYPES OF MEDICATIONS:	OR HAVE TAKEN:	WHICH IS ALSO CALLED:	ANYTIME IN THE LAST:		
Antiplatelet agents (usually taken to prevent stroke or heart attack)	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 taken to prevent blood clots in the legs and lungs and to prevent strokes)	Arixtra	fondaparinux	2 Days		
	Eliquis	apixaban			
	Fragmin	dalteparin			
	Lovenox	enoxaparin			
	Pradaxa	dabigatran			
	Savaysa	edoxaban			
	Xarelto	rivaroxaban			
	Coumadin, Warfilone, Jantoven	warfarin	7 Days		
	Heparin, low-molecular-weight heparin				
Acne treatment	Accutane Claravis Zenatane	Amnesteem Myorisan	Absorica Sotret	isotretinoin	1 Month
Multiple myeloma	Thalomid Revlimid		thalidomide lenalidomide		
Rheumatoid arthritis	Rinvoq		upadacitinib		
Hair loss remedy	Propecia		finasteride		
Prostate symptoms	Proscar		finasteride		
	Avodart Jalyn		dutasteride	6 Months	
Immunosuppressant	Cellcept		mycophenolate mofetil	6 Weeks	
Hepatitis exposure	Hepatitis B Immune Globulin		HBIG	3 Months	
HIV prevention (also known as PrEP or PEP)	Any medication taken by mouth (oral) to prevent HIV.	Truvada	emtricitabine and tenofovir disoproxil fumarate		
		Descovy	emtricitabine and tenofovir alafenamide		
	Injectable HIV prevention	Apretude	cabotegravir	2 Years	
Basal cell skin cancer	Erivedge Odomzo		vismodegib sonidegib	2 Years	
Relapsing multiple sclerosis	Aubagio		teriflunomide		
Rheumatoid arthritis	Arava		leflunomide		
Psoriasis	Soriatane		acitretin	3 Years	
	Tegison		etretinate	Ever	
HIV treatment	Any medication to treat HIV. May also be called antiretroviral therapy (ART)				
Experimental medication				As defined by the medical director	