

Title: Blood Donor Educational Material		
Number: SUP-0001	Version: 3	Effective Date: 07 Sep 2025

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 behaviors

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!

San Diego Blood Bank / (800) 469-7322

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Possible Adverse Donation Reactions

Although blood donation is usually free of incident, occasionally donors may experience unwanted outcomes:

Bruises (hematomas) associated with skin discoloration and discomfort may form as a result of blood in soft tissue. Bruises may get larger after donation, but usually resolve over several days. Accidental arterial venipuncture may occur with donation. Arterial venipuncture is characterized by very rapid pulsating bright red blood flow. Firm direct pressure to the area should be applied immediately and repeated if bleeding occurs. Bruising may be extensive. Cold compresses over the first 24 hours and warm compresses after that may be helpful. If you experience severe swelling of involved arm with severe pain or loss of sensation, seek medical care immediately.

Fainting or vasovagal reactions may occur with blood donation. Donor factors include first time donation status, age, gender, anxiety level, low body weight, and history of fainting. These reactions can be associated with nausea and vomiting, dizziness, loss of consciousness, involuntary jerking movements, and loss of continence. Involuntary movements associated with vasovagal reaction should NOT be confused with epileptic seizure activity. Head or other bodily injury may occur as a result of loss of consciousness and falling. If you feel faint or dizzy, lie down and raise your feet or sit down with your head between your knees. Do not attempt to drive until dizziness passes.

Infection and/or inflammation may rarely occur at the site of donation. Please keep skin clean in the area of donation. You should seek medical care if area becomes red, hot, and painful or if you notice red streaks developing near the donation site. Early treatment may include warm compresses, aspirin, observation and possibly antibiotics.

Nerve irritation or other possible injury may occur. This can be associated with pain or regions of skin numbness or muscle weakness. Over the counter pain medications may be helpful. Typically, symptoms resolve in a few days or over several weeks, but may be noticeable for months and very rarely indefinitely.

Each time you donate, iron is removed from your body. Routine blood donations may therefore result in an increased risk of iron deficiency which could affect your health. Frequent donors may want to add iron-rich foods to their diets or consider iron supplementation.

General health

For your own safety as well as for the safety of the blood recipient, you should only donate blood if you are in good general health. You should not donate blood if you are dependent on supplemental oxygen, have severe heart disease, suffer from chronic fatigue syndrome, or are otherwise chronically ill.

How Your Donated Blood and Data May Be Used

Your donation may be used for transfusion, for quality control, as reference standards, for improving blood processing methods, for clinical or commercial activities and/or discarded as medical waste.

Clinical or commercial activities may include using your donation or material created from your donation for clinical and commercial research, clinical trials, manufacturing, manufacturing process development, and applying for regulatory approvals of products to treat disease. While the vast majority of blood collected by San Diego Blood Bank will be used in clinical transfusions, it remains possible that your donation could be used for these purposes. Samples, even if personal identifiers are removed, may be used for commercial profit. You will not share in this commercial profit.

If donor information is shared you will not be identified or identifiable by your name, initials, and/or Social Security number; your donation and all records associated with your donation will be identified only by a code. Other data such as your blood type, donation type and date, gender, age, race, ethnicity, medical history, will be linked only to the code to aid researchers or third parties in their activities.

You will not be informed of any information obtained during the clinical or commercial activities, including genetic tests involving your cells, as your identity will be unknown to the researchers and third parties.

There may be a charge to outside entities requesting blood and blood components to cover our preparation costs.

By signing your Blood Donation Record, you are giving consent to allow us to use your information, blood, and blood samples for any of the activities outlined above.

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Screening Tests

Screening tests are performed to prevent transfusion transmission of disease, not for diagnostic purposes. Donor screening tests may not be performed if blood is not transfused.

Infectious disease marker screening tests are performed for Human Immunodeficiency virus (HIV), Hepatitis B virus (HBV), Hepatitis C virus (HCV), Trypanosoma cruzi (Chagas Disease), Human T-cell Lymphotropic Virus (HTLV), West Nile virus (WNV), and syphilis. Cytomegalovirus, parvovirus, Hepatitis A Virus (HAV) and HLA antibody screening may also be performed; donors may or may not be notified of these results. The Public Health Department will be notified when the following tests are confirmed positive: syphilis, HBV, HCV, HIV, WNV, and other tests as requested by the Public Health Department. Additional tests may be performed to supplement initial results. Donors are notified of significant results affecting donor eligibility. It is expected that some screening tests may be FALSE positives when a large population of low risk blood donors are screened. Donors are notified of false positive and/or indeterminate results that affect donor eligibility even in the absence of disease.

American Rare Donor Program

Other tests performed routinely include identification of red cell markers and other immunohematologic tests. Rare blood markers may be identified using serologic and/or DNA-based testing. Tests for sickle hemoglobin may be performed.

Our blood bank is part of the American Rare Donor Program (ARDP). ARDP is a collaborative program between the American Red Cross and AABB Immunohematology Reference Laboratories, as a requirement for AABB accreditation, and designed to ensure that rare blood is available for unique patients who need it within our community, across the United States and even overseas. After you donate, if you are identified as having a rare blood type, your information is forwarded to the ARDP and they will contact you directly regarding membership. Membership is voluntary and you can withdraw from the Program at any time.

If you are a rare blood donor, we hope you will donate regularly as your blood can be specially frozen and stored for up to ten years. If you are donating regularly and someone with your blood type needs a transfusion your blood can help give someone the life they deserve within our community or hundreds or thousands of miles away.

Notice of Filming and Photography

When you enter a San Diego Blood Bank (SDBB) location, blood drive, special event or program you enter an area where photography, audio, and video recording may occur.

SDBB reserves the right to use any photograph, video and/or sound recordings taken at any event (donor center, blood drive, special event or program) without the expressed written authorization of those included in the photograph, audio and/or video recording. SDBB may use the photograph, audio and/or video recording in publications or other media material produced, used or contracted by SDBB including brochures, invitations, books, newspapers, magazines, television, web casts, promotional purposes, advertising, inclusion on websites, social media, or any other purpose by SDBB and its affiliates and representatives.

To ensure the privacy of donors, images will not be identified using full names or personal identifying information without written approval from the donor.

By entering a SDBB location, blood drive, special event or program, you are agreeing to release, defend, hold harmless and indemnify SDBB from any and all claims involving the taking, recording, digitizing, or publication and use of interviews, photographs, computer images, video and/or sound recordings. You also waive all rights you may have to any claims for payment or royalties in connection with any use, exhibition, streaming, web casting, televising, or other publication of these materials, regardless of the purpose or sponsoring of such use, exhibiting, broadcasting, web casting, or other publication.

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Donor chairs/beds:

Our donor chairs/beds have various weight capacities between 300-500lbs. If you have any concerns, please inform our staff.

GENDER IDENTIFICATION

Please answer the donor questionnaire based on your self-reported gender. If the question does not indicate a specific gender, all donors must answer the question.

POST DONATION INSTRUCTIONS

Thanks for donating! Eat plenty of food and drink only non-alcoholic beverages after you donate.

Please note that it is a State requirement that you remain on-site and “recover” for at least 15 minutes. This typically occurs in our refreshment area, where you should start drinking fluids to rehydrate (snacks and beverages offered).

Be aware you may be more susceptible to feeling dizzy or experience loss of consciousness. Take it easy over the next 24 hours and avoid heavy lifting.

PLEASE CALL US RIGHT AWAY AT

(800) 469-7322 if you:

- Do not want us to use your blood for any reason.
- Forgot to report any important health information before you donated.
- Become ill with symptoms of a cold or flu, such as fever, headache or sore throat, within 72 hours of your donation.

Privacy Statement

Protecting the privacy and confidentiality of your information is very important to San Diego Blood Bank (SDBB). We consider all donor information private and it is not given to others, including health care providers, unless we have your written authorization – except as required by law.

We collect and use personal information such as name, address, telephone number, and e-mail address when a donor voluntarily provides it to us. This information is kept on file for future recruitment purposes and may be required to submit to local, state and federal health agencies.

Your personal contact information will also be used by SDBB staff, volunteers, partner organizations, or other third parties on behalf of SDBB. Your personal information: email address, home address and phone numbers, including cellular phone numbers, will be used to contact you regarding donation follow up, lab results, wellness information, appointments, eligibility for future donation, and SDBB programs and events. Your personal information may be combined with demographic or geolocation data that SDBB gathers from other sources to analyze trends, develop marketing plans, support outreach and recruitment efforts, and enhance future donation programs and events.

By giving us your telephone number(s), including your cellular phone number, you acknowledge that you as the subscriber expressly consent to future contact, including contact via auto-text message. The following are examples of text messages that you may receive: blood donation recruitment, appointment reminders, updates on the blood supply, information on blood donation promotions and important updates from SDBB. Standard message rates and data charge may apply.

We encourage you to contact the Chief Compliance and Privacy Officer at (619) 400-8254, if you have questions about what information we collect about you, how we use it, how we protect it, and your choices regarding how that information is used

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Medication Deferral List (DHQ/aDHQ v4.0)

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 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 Amnesteem Absorica	Claravis Myorisan Sotret	Zenatane 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 and 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 Yeztugo	cabotegravir lenacapavir	
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

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Blood Donation and Iron Loss

Blood Donation and Iron

Red blood cells (RBCs) contain iron and therefore blood donation removes some iron from your body. All blood donors, even platelet and plasma donors, lose some RBCs (and iron). Taking iron supplements can help you replace this iron.

Why is the iron loss important?

Your body needs iron to make new RBCs. Many young (ages 16-25) donors, premenopausal females of childbearing potential may not have enough iron stored in their body to readily replace losses from blood donation. Men have more iron stores; however, with frequent donation, their iron stores can get depleted too. If a donor's total body iron stores are low enough, it can lead to anemia. Recent studies have suggested that the effects of iron deficiency anemia may be more significant than previously recognized. Adverse effects associated with iron deficiency anemia include cognitive dysfunction, fatigue, pregnancy-related complications, decreased exercise endurance, pica (the desire to compulsively ingest non-food substances such as ice or clay) and the less clearly associated restless legs syndrome. Studies on adverse effects of non-anemic iron deficiency (NAID) are more suggestive of these effects than definitive, but a growing body of literature indicates that NAID may impair standard of life.

Does San Diego Blood Bank test for low iron stores in my body?

No, San Diego Blood Bank tests your hematocrit, a measure of your RBC level, but not your iron stores directly. You may have a high enough hematocrit to donate blood even if your body's iron stores are low.

What can I do to replace the iron I lose through donating?

Eating a well-balanced iron-rich diet is helpful; however, diet alone may not replace all the iron lost from blood donation. Taking multivitamins with iron or iron supplements may help replace the iron lost. Recent studies have demonstrated that most donors' iron levels return to baseline faster and recover iron lost by donating faster than those not taking iron supplements.

What type of iron supplementation should I take?

There are many different types of iron supplements. Frequent blood donors (including whole blood, red cell, platelet and plasma donors) should consider taking a daily multivitamin containing iron (usually about 19 mg of elemental iron) or another type of daily iron supplement between donations. Infrequent blood donors should consider daily iron supplementation for at least 60 days following donation. **You should check with a physician or pharmacist familiar with your health history before taking any new dietary supplements.** Iron supplements may be harmful in some individuals or mask conditions associated with GI blood loss. Iron supplements may affect the absorption of other medications, and may not be recommended for everyone, including people with a personal or family history of iron absorption abnormalities such as HH, FP, or CCA.

Would larger doses replace my iron faster?

Do not take more than the recommended dosage, because higher doses can be harmful. Generally, people can only absorb 2-4 mg of iron per day. Thus, taking larger iron doses for shorter periods may not lead to better absorption and may result in more side effects. Low dose minimizes side effects. The overall goal is to replace, over time, the 200 mg of iron lost during a red cell donation or 50 mg iron lost with a platelet or plasma donation. Your physician or pharmacist may be able to help you choose the right dose, type, and duration of iron supplement. Store iron-containing supplements properly to prevent accidental ingestion by babies and children.