

RELEASE FOR MINORS

My {PLEASE CIRCLE ONE} son/daughter _____ a minor, age _____, has my consent and permission to make a voluntary donation of blood through the Murray-Calloway County Hospital Blood Donor Center. He/ She may submit to the tests, examinations, and procedures customary in connection with donations of blood.

Parent/Guardian Name (PRINT) _____ Date: _____

Parent/Guardian SIGNATURE _____

Address _____ Phone _____

Signature of **minor** _____

General Information About Blood Donation

MCCH Blood Donor Center makes a determination as to the suitability of all blood donors based on a physical examination (wellness check), donor interview, and disease testing. During the donor interview, sensitive and personal information is obtained from the donor. Steps in the donation process include:

Blood Donor Suitability

- Basic donor requirements of:
 - Being at least **16 years of age** on the day of the donation
 - **Weighing** at least **122 lbs** on the day of the donation
 - **Eating a well-balanced meal** before donating
 - **Drinking plenty of fluids** before donating
- Bringing a **valid picture ID** and **knowing your social security number**.
- Donor eligibility will be established in a confidential interview. This interview includes questions about the donor's medical history and activities which may expose a person to infectious agents, such as the viruses that cause HIV/AIDS, hepatitis, West Nile Virus (WNV), or Zika Virus (ZIKV).
- Checking the donor's heart rate, temperature, blood pressure, and hemoglobin level (the oxygen carrying protein in red cells).
- Using new, sterile, and disposable equipment to draw approximately one pint of blood.
- Resting and snacking after the donation.
- Testing for hepatitis B and C, Chagas, WNV, HIV, ZIKV, certain other infectious diseases, and syphilis.

If you have any questions about testing, for a complete list of tests performed, or for any subsequent issues related to the donation, please contact the MCCH Blood Donor Center at 270-762-1119.

Adverse Reactions to Donating Blood

While the blood donation process is normally a pleasant experience, it is possible short-term side effects may occur, such as, dizziness, skin irritation, bruising, or fainting. Although unlikely, it is also possible for bruising around the vein, an infection, or nerve damage to develop during or after your donation. On rare occasions, more severe reactions can occur with complications that are more serious.

To prevent the onset of an adverse reaction, it is important that you follow the recommendations to rest, drink juice, and eat a snack immediately after your donation. In addition, eating a full meal within the 4 hours before your donation will help you feel strong after donating. Drinking water and juices before and after donating helps your body to replenish lost fluids.