

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 for the 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 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 taken 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.

THANK YOU FOR DONATING BLOOD TODAY!

Community Blood Center of the Ozarks 417-227-5000

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 BEING TREATED WITH ANY OF 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)	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	thalidomide	
Rheumatoid arthritis	Rinvoq	upadacitinib	
Hair loss remedy	Propecia	finasteride	
Prostate symptoms	Proscar	finasteride	
	Avodart Jalyn	dutasteride	
Immunosuppressant	Cellcept	mycophenolate mofetil	6 Weeks
HIV Prevention (PrEP and PEP)	Truvada, Descovy, Tivicay, Isentress	tenofovir, emtricitabine, dolutegravir, raltegravir	3 Months
Basal cell skin cancer	Erivedge Odomzo	vismodegib sonidegib	24 Months
Relapsing multiple sclerosis	Aubagio	teriflunomide	
Rheumatoid arthritis	Arava	leflunomide	
Hepatitis exposure	Hepatitis B Immune Globulin	HBIG	12 Months
Experimental Medication or Unlicensed (Experimental) Vaccine			
Psoriasis	Soriatane	acitretin	36 Months
	Tegison	etretinate	Ever
HIV treatment also known as antiretroviral therapy (ART)			Ever

Medication Deferral List

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) and Aubagio (teriflunomide), and 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 that 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.

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

Required Additional Information Questions

Please read the following questions:

EUAQ 1	In the past 4 months, have you received a blood transfusion?
EUAQ 2	In the past 4 months, have you come into contact with someone else’s blood or have you had an accidental needle stick?
EUAQ 3	Female donors: In the past 4 months, have you had sexual contact with a male who has had sexual contact with another male in the past 4 months?
EUAQ 4	In the past 4 months, have you had a tattoo, or have you had ear or body piercing?
EUAQ 5	In the past 4 months, have you received money, drugs, or other payment for sex?
EUAQ 6	Male donors: In the past 4 months, have you had sexual contact with another male?
EUAQ 7	In the past 4 months, have you used needles to take drugs, steroids or anything not prescribed by your doctor?
EUGH 8	Have you ever taken cadaveric pituitary-derived growth hormone (hGH) injections?

POST DONATION INSTRUCTIONS

FOR QUESTIONS ABOUT YOUR DONATION:

Occasionally bruising, nerve injury, fainting, and/or general fatigue may occur during or after a blood donation. If you experience any of these or other adverse reactions, please call **1-800-280-5337** for appropriate care instructions and additional follow-up by the Community Blood Center staff.

POST DONATION INSTRUCTIONS:

Please spend at least 15 minutes in the Refreshment area. We also ask that you retain this handout for at least 7 days.

- Drink plenty of liquids and eat regularly for the next 2 days.
- Avoid bending your arm for 10 minutes and heavy lifting for 12 hours.
- Avoid drinking alcohol until you have eaten a meal.
- Leave adhesive bandage on for 3-4 hours.
- If there is any bleeding from the phlebotomy site, apply pressure.
- Do not smoke for at least 30 minutes.
- You may resume normal activity after 30 minutes but avoid anything strenuous for 24 hours.
- If you feel dizzy, sit down and lower your head, or lie down with your feet elevated.
- If you notice bruising or swelling, apply an ice pack for 20 minutes and repeat several times the first day. Subsequently, apply a warm moist pack 3 times a day if needed. The bruised area may appear to increase in size as the color changes over the next several days. This is normal.

*****TO STOP YOUR BLOOD FROM BEING TRANSFUSED*****

Please call **1-800-280-5337** if for any reason you feel your blood should not be used for transfusion such as an illness that develops after your donation or information that should have been given before your donation. When you call, please give the person you talk to your **blood donation number below** (the last 6 digits of the sticker is your donation number).

Please call: ♦ If you are diagnosed with a dengue or chikungunya virus infection, please notify us as soon as possible.

Iron Depletion After Your Donation:

Frequent blood donation may decrease iron stores in the body, leading to iron deficiency anemia. Iron deficiency anemia and iron depletion can often be remedied by incorporating iron rich foods into your daily diet. However, you may need to take an iron supplement to correct this, even if your red blood cell count is normal. We suggest that you discuss this with your healthcare provider.

Tip #1: Consume foods that are good sources of iron such as red meat, poultry, liver, fish and shellfish, leafy dark greens such as spinach or kale, Brussels sprouts, beans, raisins and molasses.

Tip #2: Avoid certain beverages with meals such as coffee, tea, and red wine. These contain compounds that can substantially reduce the amount of iron you absorb from the foods you eat and should be avoided for two hours before and after meals to optimize iron absorption.

Tip #3: Eating foods rich in Vitamin C, in combination with iron-rich foods, will help iron be better absorbed into your system.

If you are deferred for: B/P Pulse Temperature Hemoglobin Question #: _____

You will be eligible to donate on: _____ You are Indefinitely Ineligible

Donor advised of Out of Range Physical Findings

Donor advised of deferral per Standard Operating Procedures

Donor Ticket

If you have questions about your deferral, please call 1-800-280-5337; ask for a member of DRS Management.

Name: _____ Today's Date: _____ Next Donation Date: _____



LifePoints is an online donor rewards program. Once you register for the program online, LifePoints are awarded automatically and may be redeemed for an assortment of appreciation gifts. The more often you give, the more points you accumulate!

- You must sign up within seven (7) days in order to claim the points from today's donation (new accounts only).
- Your information may be accessed online at www.cbco.org; then click "Donor Sign-In" or the LifePoints logo.
- Once you have signed in, you may access cholesterol information, other health information and your LifePoints reward totals.
- Use your LifePoints! Once you reach the 12,000- point maximum, they will stop accumulating until some are redeemed.
- Please note that LifePoints expire after 15 months of no donation activity.

Note: For **LifePoints** or **Cholesterol** assistance, please visit us online at www.cbco.org or call (417) 227-5006.