

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 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!

Stanford Blood Center
650-725-9968

Blood Donor Educational Material

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:
Antiplatelet agents (usually taken to prevent stroke or heart attack)	Feldene	piroxicam	2 Days
	Effient	prasugrel	3 Days
	Brilinta	ticagrelor	14 Days
	Plavix	clopidogrel	
	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	7 Days
	Eliquis	apixaban	
	Fragmin	dalteparin	
	Lovenox	enoxaparin	
	Pradaxa	dabigatran	
	Savaysa	edoxaban	
	Xarelto	rivaroxaban	
	Coumadin, Warfilone, Jantoven	warfarin	
	Heparin, low molecular weight heparin		
Acne treatment	Accutane Amnesteem Absorica Claravis	Myorisan Sotret Zenatane isotretinoin	1 Month
Multiple myeloma	Thalomide	thalidomide	
Rheumatoid arthritis	Rinvoq	upadacitinib	
Hair loss remedy	Propecia	finasteride	
Prostate symptoms	Proscar	finasteride	
	Avodart Jalyn	dutasteride	6 Months
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			12 Months or as indicated by SBCMD
Psoriasis	Soriatane	acitretin	36 Months
	Tegison	etretinate	Ever
HIV treatment also known as antiretroviral therapy (ART)			

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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:

Antiplatelet 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), 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.

Blood Donor Educational Material

YOUR DONATION

You will be donating up to approximately one pint of whole blood. If you are donating using automation, the amount collected will be tailored to your height, weight, and blood counts. Please let us know if at any time you do not want to continue. Your blood and stored blood samples may be used for transfusion, further manufacturing, investigational testing, training, research, and other uses as needed. In addition, your health information may be used in a confidential manner for research and blood center operations

TESTING YOUR BLOOD

Your blood will be tested for evidence of infections that may be transmissible by blood including, but not limited to, Hepatitis B and C, HIV, HTLV, Syphilis, and West Nile Virus. Your blood will also be typed for ABO, Rh and possibly other blood cell markers that may be important for transfusion or transplantation. Some of the tests may be investigational (research) tests. We will not notify you if all of your infectious disease tests are negative. To better interpret and understand the results of your tests, it may be necessary to contact you for follow-up testing. There may be circumstances where your blood is not tested. In these cases, it will not be used for transfusion.

For additional clarification regarding the FDA-mandated MSM deferral policy, please refer to our website stanfordbloodcenter.org/msm.

YOUR RECORDS

Stanford Blood Center is required to retain records of all your donations, your answers to your questions, your test results and your eligibility to donate. You have a right to request a copy of your records and to ask that we update information about you.

POSSIBLE SIDE EFFECTS OF BLOOD DONATION

The most common side effects of blood donation are bruising at the donation site or light-headedness. Rarely, fainting, inflammation of the vein, skin infection, or nerve injury may occur. We offer a post-donation callback line for you to contact us and discuss your symptoms. If further medical treatment is indicated, we may advise you to notify your primary care physician and/or seek medical attention at your local urgent care clinic or emergency department depending on the symptoms experienced. Stanford Blood Center does not assume financial responsibility for medical care to treat symptoms that arise after blood donation.

RESEARCH ACTIVITIES

In addition to making transfusable components, we support research both within and outside of Stanford University by providing researchers with de-identified samples and components (for example, extra blood tubes or white blood cells that are not needed for transfusion). Samples collected at the time of donation may also be stored for research after all required testing is completed. We also occasionally collect blood solely for research, and we may contact you to ask if you are interested in donating for this purpose. Researchers at Stanford Blood Center analyze donor information and perform investigational tests to try to identify ways to improve the safety and efficacy of blood transfusion and transplantation. We will not release your identity or contact information to any researchers outside of Stanford Blood Center. We may contact you if a researcher notifies us of a finding that is important to your health. Donated blood is used by Stanford Blood Center for any use it deems advisable, and any rights or ownership with respect to the donated blood is relinquished by the donor. Even though blood is freely given by volunteers, there are significant costs to recruit blood donors and then to collect, test, process, store and deliver blood to hospitals. These and other operating and overhead costs of the Blood Center are supported by processing fees collected from hospitals, researchers and other customers.

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EMERGING INFECTIOUS DISEASES

Novel Coronavirus (COVID-19): Please do not donate if in the past 28 days you have been diagnosed with or suspected of having COVID-19. Also please do not donate if in the past 14 days you have been in close contact* with someone who has been diagnosed with or suspected of having COVID-19. Healthcare Workers (HCW) who are in close contact with COVID-19 patients but are wearing PPE are eligible to donate. For convalescent plasma donors, additional evaluation may determine eligibility.

**Close contact is defined as 1) Being within approximately 6 feet of a person infected with COVID-19 for a prolonged period (5 minutes or more); close contact can occur while caring for, living with, visiting, or sharing a room with a person infected with COVID 19 or 2) Having direct contact with infectious secretion from a person infected with COVID-19*

Ebola, Chikungunya, Dengue: Please do not donate if you have **EVER** had **Ebola virus** infection or disease. Please do not donate for **4 weeks** after full recovery, if you have been diagnosed with an infection of **chikungunya** or **dengue**. If you have been diagnosed with one of the above infections within the timeframe specified, please notify our staff onsite or call our post-donation callback line at 650-725-9968.

DONOR COMMUNICATION

From time to time, we may utilize various communication tools to connect with our donors, including (but not limited to) postal mail, email, SMS (text) and push notifications. If you wish to change your opt-in preferences, you may do so by using available application settings or by contacting us at sbcsupport@stanford.edu or 888-723-7831.

USE OF BLOOD CENTER TABLET DEVICES AND PUBLIC WIRELESS NETWORK

Stanford Blood Center is providing complimentary tablet devices and public wireless network for the convenience of donors at fixed site locations. The following rules apply:

1. The tablet device is issued as a courtesy. It is your responsibility to return it and all accessories to the blood center staff at the end of your donation.
2. Please be aware that content on the tablet, including movies, books, music and apps, is uncensored, including any internet content you may choose to access.
3. Do not leave any personal data, files or applications on the tablet. Please clear all email account data, user names and passwords.
4. Blood center tablets are configured for your entertainment and convenience, rather than for strong security. Stanford Blood Center is not guaranteeing the security of your personal use.
5. We recommend for your safety and comfort that you utilize a table, such as the chairside table, to support the device while in use.
6. For safety, comfort and privacy, please use headphones if sound is required.
7. Stanford Blood Center reserves the right to restrict or cancel tablet device use or access for any purpose.

STANFORD BLOOD CENTER SPECIFICALLY DISCLAIMS ANY LIABILITY FOR UNAUTHORIZED THIRD-PARTY SECURITY BREACHES OR THE RESULTS THEREOF. SBC PROVIDES ACCESS TO THE INTERNET AND THE SBC NETWORK ON AN "AS IS" BASIS WITH ALL RISKS INHERENT IN SUCH ACCESS. BY CONNECTING TO THE SBC NETWORK, THE USER ACKNOWLEDGES THE RISKS ASSOCIATED WITH PUBLIC ACCESS TO THE INTERNET OR DOCUMENT PRINTING AND HEREBY RELEASES AND IDEMNIFIES SBC FROM ANY DAMAGES THAT MIGHT OCCUR.