



Parental Consent Blood Donation

This form is required for blood donation by persons 16 years of age who have not yet reached the age of legal majority as defined by the laws of the state of California.

PLEASE HAVE A PARENT OR GUARDIAN COMPLETE THIS FORM IN BLACK INK

I do hereby give my consent for (donor's full name), _____, at his or her discretion, to donate to Community Hospital of the Monterey Peninsula Blood Center on (date) _____.

Signature of Parent or Guardian

Date

Donor's Age:

Donor's Date of Birth:

Address

City

State

Zip

() _____
Phone

LAST MINUTE REMINDERS

- Present this consent at the time of donation.
- Bring a picture I.D. (driver's license or student identification card).
- Bring (or remember) your social security number.
- Eat a good meal and drink plenty of water before and after giving blood.
- Bring your friends to give blood too!

FOR MORE INFORMATION,
PLEASE CALL (831)625-4814 OR VISIT www.chomp.org

Information About Blood Donation

FAQ's

WHO CAN GIVE BLOOD? You must be at least 16 years old and be in generally good health. 16-year-old students must have a parent or guardian sign the "Parental Consent for Blood Donation" form.

HOW MUCH BLOOD DO THEY TAKE? You will give about one pint of blood with each donation. For every 25 pounds of body weight, you have about two pints of blood. Your body replenishes the lost fluids within about 24 hours.

IS GIVING BLOOD SCARY? It's natural to feel a little nervous about your first blood donation, but giving blood is safe and easy!

IS GIVING BLOOD SAFE? Yes. Sterile, disposable needles are used only once for each donation. The only blood you are exposed to is your own.

HOW OFTEN SHOULD I GIVE BLOOD? You can give whole blood as often as every eight weeks. And once you give your first pint of blood and find out how easy it is, why not become a regular blood donor?

IS THE BLOOD SUPPLY SAFE? Confidential medical history interviews and confidential testing for infectious diseases ensure safety.

CAN I FIND OUT MY BLOOD TYPE? Yes. After your first blood donation we will mail you a card with your blood type.

WON'T DONATION MAKE ME WEAK? The vast majority of people will not feel any different because of the donation. A very small percentage may experience temporary dizziness, but some rest and fluids will help you feel better quickly.

CAN I GIVE IF I HAVE BEEN TURNED DOWN BEFORE? Most reasons for which donors are deferred from donating blood are temporary. For example, one common reason for a deferral is a low iron level in the blood, but iron levels fluctuate daily and are affected by what you eat.

SPECIAL CIRCUMSTANCES

The following are potential limitations to your eligibility to give blood:

BODY PIERCING: A piercing is okay if it is preformed with single use or disposable equipment in a professional setting and is completely healed. Otherwise, wait one year from the time of piercing.

HIV/AIDS: You cannot give if you are in a high-risk group for contracting HIV/AIDS.

PREGNANCY: You cannot donate during pregnancy. Wait six weeks after recent pregnancy, regardless of outcome or length.

COLD/FLU: You must be symptom-free for at least 48 hours. Do not give blood if you have a fever, stomach or body aches, chills, diarrhea or sore throat.

ACNE TREATMENT: Wait one month after taking Accutane, Amnesteem, Claravis, or Sotret (isotretinoin).

DIABETES: Acceptable if controlled by diet or medication.

DRUGS/ALCOHOL: If you are addicted to drugs or alcohol do not give blood.

TATTOOS: Wait one year from time of procedure.