



Australian Red Cross

BLOOD SERVICE

It takes someone special to give blood

“Giving blood was easy. The whole experience only took 1 hour, and it’s great to know my friends and I could be saving up to 3 lives each.”

JENINE WONG, CHATSWOOD



PARENT CONSENT FORM

WA / VIC / QLD / TAS (at every donation)

Thank you for providing your consent for your child to give blood. Every donation will be essential in providing life-saving blood for the Australian community. The greatest need for blood typically comes from cancer and leukaemia patients, surgery and emergencies.

Australians need almost 4,000 people to give blood each day yet only 1 in 30 Australians do so.

It is safe for your child to give blood if they are healthy and eligible. At the Australian Red Cross Blood Service our priority is the health and wellbeing of all people. Accordingly, we have in place guidelines that ensure that our donors and the recipient of their generous gifts are kept in the best possible health at all times.

Prior to donating every donor undergoes an assessment by an appropriately qualified staff member. Even though your signature indicated that you have sought a medical opinion for your child to donate, your child will still be assessed against strict safety criteria by the Australian Red Cross Blood Service.

All donations of blood are tested for the presence of hepatitis B and C, HIV 1 and 2 (the AIDS virus), HTLV I and II and syphilis. If your child’s blood proves positive for any of these conditions, or for any reason shows a significantly abnormal result, your child would be informed. Your child would be referred to a GP/specialist and encouraged to discuss the result with you.

If you are 16 or 17 years of age, your parent must complete this section before you can donate blood in Western Australia, Queensland, Victoria and Tasmania. **Your parent must complete this section every time you donate blood.**

This form is then valid for 3 months from the date of signing.

Please complete in black / blue pen only.

I, (Full Name of Parent)

have obtained the opinion of a medical practitioner that the removal of blood from

(Donor Surname/Family Name).....(Donor Given Name).....will not be

prejudicial to his/her health. I give my consent for

(Donor Surname/Family Name).....(Donor Given Name).....to donate blood.

Relationship to donor

Address

..... State Postcode

Phone: Home (.....)..... Business (.....)..... Mobile

Signature Date (dd/mm/yy)

FOR MORE INFORMATION, PLEASE CALL **13 14 95**

OR VISIT www.donateblood.com.au



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Blood donation is extremely safe

However, problems occasionally arise during or after a donation. These problems are not common but we are telling you about them so that if they ever occur, you will know some simple and appropriate steps to take.

Please note: All equipment used in blood collection is sterile, used once only and discarded.

How to avoid bruising

Try to limit use of the arm from which the blood was taken for the first 15 minutes after donating. If you develop a bruise that causes discomfort, a mild pain reliever (not aspirin) or an icepack may help. Please phone us if a troublesome bruise occurs. Such bruises are not common and we want to hear about them as we may be able to give helpful advice.

Bleeding from the needle site

If this happens after a donation has been collected:

- Lift your arm above your shoulder, keep your elbow straight and press on the bleeding site.
- Sit down and ask a staff member for assistance.

You can avoid bleeding by:

- Limiting the use of the arm for about 15 minutes.
- Being careful when using your arm to eat or drink and when putting on a jacket after donating.

Feeling faint

Fainting is due to a nerve reflex, which slows the pulse and lowers blood pressure for a short period. If you feel dizzy, lightheaded, or unwell and are still on the donor couch, tell a staff member immediately.

- Rest for around 30 minutes or until you feel well again.
- A drink of cold fluids is helpful.

If you feel faint after you have left the donor couch, sit or lie down as flat as possible rather than take the risk of falling.

If you have left the blood collection centre then follow the recommendations above and if you're driving, slow down and stop the car where it is safe to do so. If you feel faint within the few hours after the donation, this could be due to a delayed reaction. You are more prone to delayed fainting at this age due to lower body weight and haemoglobin compared to an adult donating. To avoid injury and relieve symptoms, make sure you lie down immediately, tell someone and have a drink of cold fluids. If recovery is slow please seek medical assistance and contact us later to tell us what happened.

Reducing the chance of fainting

Make sure that you eat something in the 3 hours before donating and drink 4 glasses of water/juice prior to visiting the blood collection centre. In warm weather, be prepared by having plenty of liquid in the 24 hours before donation.

- Avoid strenuous exercise and drink plenty of liquid (preferably non-alcoholic) in the few hours after your donation.
- If you have a naturally low blood pressure and feel faint when you stand up suddenly, please tell us.
- Are you very anxious? Please let us know. We can help you feel at ease.

Rare events

Rarely a donation needle may irritate a nerve under the skin. This may be painful but is normally only momentary. The needle may also accidentally puncture the artery. This would be obvious to the staff member and appropriate management would be applied at the time. Also, rarely, infection may develop at the donation site.

Any inflammation at or around the site (characterised by redness, tenderness swelling and heat) should be regarded as potentially serious as it can be associated with a blockage of the vein with a blood clot (thrombosis). If any pain persists following the insertion of the needle or you have any concerns, please speak to a member of the donor team, or if after leaving the venue you require medical attention, please contact a doctor and notify your local blood service.

Very rarely, donors may develop a fast pulse or a sensation of tightness in the chest. If this happens, tell a staff member immediately. If you notice a problem after leaving the blood collection centre, contact a hospital or doctor so the problem can be assessed. Please contact us later and tell us what happened.

Keeping your blood healthy – iron stores

Whole blood is rich in iron, some of which is lost each time you donate. This is why we recommend 12 weeks between whole blood donations to allow the iron to be replaced.

We measure your haemoglobin each time you donate, but this is not a perfect indicator of iron levels.

As iron can be low and the haemoglobin test still acceptable, it is important that you have a diet containing plenty of iron, even if your haemoglobin is satisfactory. Please ask for our brochure titled "Why iron and haemoglobin are important".

Should you become aware of any reason why your blood should not be used for transfusion, please call us on **13 14 95**. In particular, if you develop a cough, cold, diarrhoea or other infection within a week after donating, please report it immediately.

After giving blood, please stay at least 15 minutes and have some refreshments.

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