

Dear Donor Parent,

This document provides essential information regarding your child's blood donation. Please read and sign below to indicate that you understand the information we ask of your child. Thank you for allowing your child to participate in this life-saving program.

I understand that if my child has a good meal and drinks plenty of fluids the day before and the day of the donation, chances of a reaction are reduced.

- All donors **MUST be age 16 or older** on the date of donation and will be asked to show picture identification with date of birth.
- **Donors age 16-18 must NOT have donated blood within the previous six months.** This requirement helps ensure your child maintains safe and healthy iron (hemoglobin) levels.
- I understand that the Food and Drug Administration (FDA) regulates donor eligibility and collection policies and that ARUP Blood Services follows those regulations.
- I understand that my child's blood will be tested to comply with FDA requirements for infectious diseases (including HIV and hepatitis, among others). I understand that Utah State laws protect the disclosure of certain test results and that ARUP Blood Services will require a signed authorization from my child to release test results to someone other than my child unless required by state or federal law. A patient authorization form is available upon request.
- I understand that the procedures used to collect blood are safe, but that blood donation is not entirely without risk. I understand a very small percentage of people experience donation reactions, which can include: lightheadedness, nausea, bruising of the arm, injury to the nerves of the forearm, or fainting. If my child experiences a blood donation reaction, I give permission for ARUP Blood Services staff to treat my child and I understand the typical treatment usually includes ice packs and elevating the legs; however, intravenous infusion of fluids may be necessary.
- Signed parental permission is valid for one donation only.
- I understand that the words "sexual contact" and "sex" are defined in an informational pamphlet and that my child will be asked about any pregnancy and transfusion history during the donor-eligibility screening process.
- To further reduce their chances of a reaction, donors age 16-23 will have additional minimal requirements for height and weight.
- If you would like to obtain more information regarding the donation process, donor information packets can be obtained from your child's school or on the FDA website (www.fda.gov)
- If you have any questions or concerns, please contact ARUP Blood Services at (801) 584-5272.

This section to be completed by Parent/Guardian:

(Please use blue or black ink when possible.)

_____/_____/_____
Parent/Guardian Signature **Date**

Telephone Number
(Number where Parent/Guardian can be reached on donation day)

I, _____,
(Print Parent/Guardian's name)

give permission for my child

(Print donor's LEGAL name)

_____/_____/_____, **Donor's date of birth** to donate blood with ARUP Blood Services.

This section to be completed by the Donor Center Staff:

Ensure that the following fields are completed and match the donor record.

- | | | |
|--|------------------------------------|---|
| ☐ Date of Birth | ☐ Date | ☐ Printed Parent/Guardian's Name |
| ☐ Parent/Guardian Signature | ☐ Telephone | ☐ Printed Donor's LEGAL Name |

Height and Weight Requirements



Height and weight requirements* for 16-23 year old blood donors...

MALE:

HEIGHT	MINIMUM WEIGHT
4'10"	118 lbs.
4'11"	114 lbs.
5' or taller	110 lbs.

*NOTE: Values are approximate and do not guarantee eligibility for all donation types. The information provided here covers general guidelines established by the Food and Drug Administration. Conditions and restrictions governing blood safety and blood donation may change at any time. Please contact ARUP Blood Services at 801-584-5272 to verify eligibility.



(801) 584-5272 | www.utahblood.org

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Private Information

FEMALE OR ANOTHER GENDER:

HEIGHT	MINIMUM WEIGHT
4'7" and shorter	157 lbs.
4'8"	153 lbs.
4'9"	149 lbs.
4'10"	146 lbs.
4'11"	142 lbs.
5'	138 lbs.
5'1"	133 lbs.
5'2"	129 lbs.
5'3"	124 lbs.
5'4"	120 lbs.
5'5"	115 lbs.
5'6" and taller	110 lbs.