

Parental Consent Form

Dear Parent/Legal Guardian

Your child has expressed interest in donating blood, or may in fact already be a blood donor.

In accordance with the National Health Act No. 61 of 2003 and certain Government Notices, the Western Province Blood Transfusion Service (WPBTS) is required to obtain written consent from a parent or legal guardian to withdraw blood from a person under the age of 18. The minimum age of acceptance to donate blood is 16 years.

Who can donate blood? Blood donors must:

- Be 16 years or older on the day of donation;
- Weigh 50kg or more;
- Lead a sexually safe lifestyle;
- Be healthy on the day of donation; and
- Have had a meal within the three hours prior to donating.

What happens on the day of donation and thereafter? Is it safe?

- Your child will complete a form with their contact details and answer questions about their health and lifestyle. The questions will cover any existing medical conditions, medication use, sexual behaviour, travel history, and other risk factors for infectious diseases.
- Your child's haemoglobin level is checked through a finger prick.
- Your child's pulse and blood pressure are checked.
- Your child will donate 475ml blood and this takes approximately 10-20 minutes. All equipment and needles are sterile and used only once, and are then destroyed. It is impossible to contract any disease from donating blood.
- After the donation, your child will rest briefly and will be offered some juice and cookies.
- Your child should increase his/her fluid intake after donation and avoid exercise or heavy lifting with the arm used for donating on the day of and following the donation.
- Regular blood donation may contribute to the depletion of iron stores. Therefore, as a means of improving donor care, the WPBTS offers iron tablets to certain categories of frequent blood donors, to replenish the iron lost through blood donation.

Most donors feel fine before, during and after donating blood. Some may experience certain side effects which are more likely to occur with young, first-time and/or low weight donors. Drinking plenty of fluids and eating well prior to donation may reduce these effects.

These reactions include:

- A light-headed or dizzy feeling.
- Pain, redness, or bruising where the needle was inserted.
- Very rarely some donors may experience:
 - Fainting that may result in falls/injuries.
 - Nerve injury resulting in temporary numbness of the hand.

Our staff are trained to take care of donors and to recognise and treat these rare complications resulting from blood donation.

Is every donation tested?

Every donation is tested for HIV (the virus that causes AIDS), Hepatitis B & C and Syphilis. If any test result disqualifies your child from future donation, we will communicate directly with your child and advise them appropriately. This may include deferring or excluding them from donating and referral to a doctor or clinic for further management. We maintain the confidentiality of information that we obtain about our donors, and we will ONLY release this information to his/her parents with the donor's consent.

Thank you for supporting and encouraging your child's decision to donate blood and save lives. For young adults this is a valuable experience of giving back. Feel free to look at www.wpblood.org.za for further information, or contact the Service should you have any questions regarding giving consent for your child to donate blood.

Dr Greg Bellairs
CEO/Medical Director

Please fill out the form below and give the entire form to your child who must present it every time he/she donates blood.

I have read and fully understand the information regarding blood donation.

I hereby give consent for _____, born on _____ to voluntarily donate blood.

I understand that signed consent forms will be retained by WPBTS and will be required for every blood donation until my child turns 18 years old.

Parent/Legal Guardian full name (Print): _____ Tel/Cell: _____

Signature of Parent/Legal Guardian: _____ Date: _____

Signature of Donor: _____ Date: _____

PBR29 (23 Feb 16)

t: 021 507 6300 • www.wpblood.org.za
SMS 'blood' to 33507 and we'll call back (R1.50 per SMS)

 **WP Blood Transfusion Service**
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