Dear Parent or Guardian,

Each year, your teenager’s high school partners with South Texas Blood & Tissue Center, a Texas nonprofit corporation, to help save lives by hosting blood drives at his/her school. By becoming a volunteer blood donor, your teenager will be showing great civic responsibility, maturity and a sense of community pride. We hope you encourage your teenager to take part in the lifesaving act of giving blood, and we invite you to join him/her in giving the gift of life!

There is a bonus for teenagers who give blood while in high school — our Honors Cord program. Students who donate blood six times while in high school can earn a red cord to wear during graduation ceremonies, should they choose and are allowed by their school. Be sure to check out our eDonor page on the Internet. Donors can make appointments to donate, find out when they last donated and look for upcoming drives. Log on to the South Texas Blood & Tissue Center website (SouthTexasBlood.org) and select Give Now.

Join us on:
Facebook@connectforlife
Twitter@connectforlife

You can donate at any of these locations or at a mobile drive.

Boerne Donor Room
215 W Bandera Rd, Suite 115
Boerne, TX 78006
(210) 731-5555
(800) 292-5534

Donor Pavilion
6211 IH 10 West at First Park Ten
San Antonio, TX 78201
210-731-5555
800-292-5534

New Braunfels Donor Room
The Marketplace
651 N. Business IH 35, Suite 830
New Braunfels, TX 78130
830-625-5401

Northeast Donor Room
8500 Village Drive, Suite 102
San Antonio, TX 78217
210-249-4450

Shavano Donor Room
4079 N. Loop 1604 West, Suite 102
San Antonio, TX 78257
210-736-8920

Southeast Donor Room
3158 SE Military Drive, Suite 104
San Antonio, TX 78223
210-736-8971

Victoria Donor Room
1109 Sam Houston Drive
Victoria, TX 77901
361-576-3651
800-442-7770

Westover Hills Donor Room
10555 Culebra Road, Suite 107
San Antonio, TX 78251
210-736-8934

SouthTexasBlood.org
Iron and Blood Donation
Most of the iron in the body is contained in hemoglobin, which is part of red blood cells. Whole-blood donors lose between 200-250 milligrams of iron in a typical donation. The temporary drop in iron may have no effect, but the body needs iron to replace red blood cells. Donors can increase iron levels through a diet of iron-rich foods or by taking a daily multivitamin with at least 18 milligrams of iron for at least 60 days following a donation. For more information about iron, consult with a physician.

Preventing Reactions
We want your teenager’s donation experience to be productive and enjoyable! Here are a few tips:
- Get a good night’s rest before donating.
- Drink 8 glasses of noncaffeinated beverages (water, fruit juice) both 24 hours before and after donating.
- Eat a full meal within four (4) hours before donating.
- Avoid strenuous physical activity (including after-school activities) on the day of donation.

Phone Numbers
For questions regarding the donation experience or test results, call the Donor Advocacy Department at 210-731-5555 (800-292-5534), ext. 2243, or email donoreligibility@southtexasblood.org.
For post-donation information regarding the safety of your donation, call the Quality Assurance Department at 210-731-5555 (800-292-5534), ext. 2414.

General Information About Blood Donation
South Texas Blood & Tissue Center determines the suitability of all blood donors and blood donations based on a mini-physical examination (wellness check), confidential interview and infectious disease testing.

Blood Donor Suitability
The safety of both the donor and the patient who might receive the donor’s blood is our most important consideration. Steps in the blood donation process include:
- Fulfilling basic donor requirements of:
  - Being at least 16 years of age on the day of the donation.
  - Weighing at least 120 lbs for 16-year-old donors, or 110 lbs for 17-year-olds and older, on the day of the donation.
  - Bringing a valid picture ID on the day of the donation. Acceptable forms include:
    - Driver’s license.
    - Credit or bank card with photograph.
    - Current student identification card.
- High school blood donors without identification from the above list may use a current high school yearbook picture.
- Remember to wear clothing with sleeves that can be raised above the elbow.
- Establishing donor eligibility in a confidential interview, which includes questions about the donor’s medical history and activities that may have caused exposure to infectious agents such as the viruses that cause HIV/AIDS, hepatitis or West Nile Virus.
- Checking the donor’s heart rate, temperature, blood pressure and hematocrit level (a measure of the percentage of red cells in the body).
- Using new, sterile and disposable equipment to draw approximately one pint of blood.
- If the donor qualifies for a double red cell or red cell/plasma donation by automated technology, blood will be drawn into a sterile, disposable system and mixed with a small amount of anticoagulant. The system separates the different components of the blood, collects the red cells, or red cells and plasma, and returns the remaining blood along with sterile saline to the donor. An additional consent will be given to your teenager to sign.
- Testing for hepatitis B and C, Chagas, WNV, HIV, syphilis and other infectious diseases. This testing is normally completed within a few days of donation.

Reactions to Donating Blood
While the blood donation process is normally a pleasant experience, it is possible that short-term side effects may occur, such as dizziness, fainting, skin irritation or bruising. Although unlikely, it is possible for the following to occur: bruising around the vein, infection in the area or nerve damage during or after the donation. If automation is used, side effects of the procedure at any time. I certify I have truthfully answered all questions regarding my present and prior illnesses, symptoms and physical conditions. I understand by not disclosing all pertinent information, I could put myself at risk for complications or place others, who may receive my blood, at risk as a result of this donation.

I understand I SHOULD NOT DONATE blood if I am at risk for HIV/AIDS or hepatitis (refer to “Blood Donor Educational Material”). If I think I am at risk for spreading the virus known to cause AIDS or other infectious diseases, I agree not to donate blood or other blood products. I understand it is a misdemeanor under Texas law to donate blood knowing that I have tested positive for, or have been diagnosed as having AIDS. I agree to call the blood center if I feel there is a reason my blood should not be used for transfusion.

I understand my blood samples will be tested for HIV (the AIDS virus), hepatitis and other diseases. Some samples may be used for unlicensed tests, or used for quality control/research purposes. If test results indicate I should no longer donate, I will be permanently deferred (unable to donate). I understand a reasonable effort will be made to notify me of abnormal results, which may be reported to authorities, as required by law. If I am a minor, I understand any abnormal results will be sent to, and/or discussed with, my parent(s) and/or legal guardian(s).

I understand there are COMPLICATIONS associated with donating blood. Although uncommon, complications may occur at the site where the needle was inserted and may extend beyond my arm and cause complications throughout my body. Localized complications include:
- Pain
- Swelling
- Stiffness
- Muscle cramps
- Numbness
- Chills
- A tingling sensation
- If these side effects occur, calcium or other medication may be provided, which will diminish the effects. Very rarely, severe reactions can occur with complications. If your teenager experiences a severe reaction while donating blood that requires further medical care, you will be contacted at the phone number you list on the attached consent.

Testing:
- Pain
- Soreness
- Vascular injury
- Bruising
- Redness
- Tissue scarring
- Swelling
- Bleeding
- Localized infections

Systemic complications may include: Systemic infections, lightheadedness and/or fainting, which may result in injuries if I am faint or falling.

I also understand that rarely, severe reactions to a phlebotomy procedure may have long-term or permanent effects, including but not limited to damage to nerves or muscle around the phlebotomy site which may result in numbness, pain or localized paralysis and may require the need for extended medical treatment. I have received and agree to abide by the Post Donat Instruction.

I acknowledge the procedure has been explained. I have had the opportunity to discuss the risks and have had my questions answered. I understand the blood I donate today may be used for transfusion to a patient or for any other medical purpose, and I authorize use or sharing of any information for blood testing, wellness rewards, or any other medical purpose, including research or training.

Your son/daughter will be asked to read and sign the following donor consent on the day of donation:

Phlebotomy is the process of withdrawing blood from a vein. I am voluntarily consenting to the phlebotomy procedure for the donation of blood. I have had the opportunity to refuse the phlebotomy procedure and understand I may discontinue the procedure at any time. I certify I have truthfully answered all questions regarding my present and prior illnesses, symptoms and physical conditions. I understand by not disclosing all pertinent information, I could put myself at risk for complications or place others, who may receive my blood, at risk as a result of this donation.

I understand I SHOULD NOT DONATE blood if I am at risk for HIV/AIDS or hepatitis (refer to “Blood Donor Educational Material”). If I think I am at risk for spreading the virus known to cause AIDS or other infectious diseases, I agree not to donate blood or other blood products. I understand it is a misdemeanor under Texas law to donate blood knowing that I have tested positive for, or have been diagnosed as having AIDS. I agree to call the blood center if I feel there is a reason my blood should not be used for transfusion.

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Please bring this portion to the blood drive.