

Donor questionnaire

Thank you for your generosity

Important information for a safe, comfortable donation.

Blood donation is very safe. Occasionally reactions can happen and our team is well trained to manage them.

This questionnaire helps keep you and patients safe – all of these questions are important and you need to answer each one honestly. Providing false or misleading information may lead to fines and imprisonment. Some people **MUST NOT** give blood as it may not be safe for them, or for the patient who receives their donation. You can change your mind about donating at any time – just let us know.

Fainting

Less than 2 in 100 donors experience some faintness (dizzy, light-headed, hot, sweaty or unwell) during or after donating – most only feel mild faintness or dizziness, which generally passes quickly. In about 1 in 1,000 donations, a donor may faint (lose consciousness) after donating, including after leaving the donor centre. Generally, reactions are more common if you are younger, female or new to donation.

Tips to reduce the risk of fainting

In the 24 hours before you donate, males should drink 10 glasses of fluid and females should drink 8 glasses of fluid.

In the 3 hours before:

- Drink 750 mL of fluids
- Have something salty to eat
- Avoid strenuous exercise.

During your donation, squeeze your inner thigh and abdominal muscles intermittently to maintain blood pressure.

Afterwards, spend at least 15 to 20 minutes in the refreshment area.

For 8 hours after:

- Drink plenty of fluids
- Avoid alcoholic and hot drinks
- Avoid standing for long periods
- Avoid getting overheated.

For at least 12 hours, avoid strenuous or hazardous activities, including jobs where public safety may be affected.

You should check any employment or safety requirements you have. If unsure, please discuss at your interview.

If you feel faint:

- Lie or sit down with your head between your knees
- Repeatedly squeeze and release your inner thigh and abdominal muscles
- Ask for help
- If you're driving, pull over, park, lay your seat back and call for assistance. **Do not continue driving.**

Bruising

Small bruises are very common and generally resolve in a few days. Larger bruises, which may be uncomfortable, occur once in every 300 donations. To reduce the risk:

- Keep the bandage on for 2 hours
- Minimise lifting or carrying with your donation arm for 24 hours.

If you develop a bruise, an ice pack and/or pain reliever may help. If you bleed, apply pressure and raise your arm.

Reactions requiring outside medical care

About 1 in 1,500 donors will experience a side effect that requires outside medical care. This includes events related to skin disinfection and needle placement (e.g. allergic reaction, local inflammation, infection, piercing an artery, clot or nerve injury).

Iron levels

Blood donation can cause low iron (iron deficiency), particularly in:

- frequent whole blood donors
- women of child-bearing age.

Low iron may cause tiredness, difficulty concentrating and low haemoglobin (anaemia).

We check haemoglobin before each donation, but not iron. Haemoglobin can be normal in early iron deficiency.

We recommend:

- A healthy, iron-rich diet
- Women 18-45 take iron after each whole blood donation
- Women trying to become pregnant build healthy iron levels for the increased requirements of pregnancy.

Speak with your doctor before donating if you're concerned about iron or how often to donate.

For more information on the risks of donating blood or the importance of maintaining iron levels, ask one of our team or visit lifeblood.com.au

Testing your donation

To ensure patient safety, we test all successful donations for hepatitis B, hepatitis C and HIV (AIDS virus). We test some donation types for HTLV and syphilis.

If your results are significantly abnormal, we'll notify you using the contact details you provided.

If you learn of any reason why your blood shouldn't be used, please call us on 13 14 95. In particular, notify us immediately if you:

- Develop a cough, cold, diarrhoea or other infection within a week of donating, or
- Are diagnosed or hospitalised with a serious infection within 2 months of donating

If you feel unwell or are concerned after your donation, speak to a team member, call us on **13 14 95** or see your doctor.

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New and returned donors

Please complete this section only if:

- you are a new donor, or
- you have not donated within the last 2 years.

Otherwise, proceed to **section B**.

Please complete using blue or black ink (not pencil) by placing a cross or tick in the relevant box.

- A1 Have you ever volunteered to donate blood or plasma before? Yes No
A1a. If yes – where? _____ When? _____
- A2 Have you ever been advised not to give blood? Yes No
- A3 Have you ever had:
• Anaemia or any blood disorder?
• A serious illness, operation or been admitted to hospital? Yes No
- A4 Have you ever had:
• Stroke or epilepsy?
• Heart or blood pressure problems, or chest pain?
• Rheumatic fever or a heart murmur? Yes No
- A5 Have you ever had:
• Bowel disease?
• Lung problems including tuberculosis (TB)? Yes No
- A6 Have you ever had:
• Diabetes?
• A thyroid disorder?
• An autoimmune disease e.g. rheumatoid arthritis or lupus? Yes No
- A7 Have you ever:
• Had cancer of any kind including melanoma?
• Received a transplant or graft (organ, bone marrow, cornea, dura mater, bone, etc.)? Yes No
- A8 Have you ever had:
• Jaundice (yellow eyes/skin) or hepatitis?
• Malaria, Q fever or Chagas' disease? Yes No
- A9 Have you ever had treatment with the medication TIGASON (Etretnate) or NEOTIGASON (Acitretin)? Yes No
- A10 Have you had a neurosurgical procedure involving the head, brain or spinal cord between 1972 and 1989? Yes No
- A11 Have you received injections of human growth hormone for short stature or human pituitary hormone for infertility prior to 1986? Yes No
- A12 What was your country of birth? _____
- A13 Have you ever been outside Australia? Yes No

If your answer to question 13 is 'No' please go straight to Section B on the next page.

- A14 Have you spent a continuous period of 6 months or more outside Australia at any stage of your life? Yes No
- A15 Have you been outside Australia in the last 3 years? Yes No
A15a. If your answer is "Yes" – Have you been in Papua New Guinea (PNG) in the last 3 years? Yes No
- A16 Have you ever received a transfusion or injection of blood or blood products outside Australia? Yes No

All donors please complete this section

Please complete using blue or black ink (not pencil) by placing a cross or tick in the relevant box.

- B1 Are you feeling healthy and well? Yes No
- B2 Did you have any side effects after leaving the donor centre after your last donation? This is my first donation Yes No
B2a. If your answer is "Yes" – did you report this to Australian Red Cross Lifeblood? Yes No
- B3 Are you allergic to the antiseptic chlorhexidine? Yes No
- B4 What is your weight? _____ kg
Note: If you're unsure, please weigh yourself on the scales provided.
- B5 In the next 3 days, do you intend to participate in any activity which would place you or others at risk of injury if you were to become unwell after donating, such as driving public transport, operating heavy machinery, underwater diving, piloting a plane or other activities? Yes No
- B6 In the last week, have you:
• Had dental work, cleaning, fillings or extractions?
• Taken any aspirin, pain killers or anti-inflammatory preparations?
• Had any cuts, abrasions, sores or rashes? Yes No
- B7 In the last week, have you had a gastric upset, diarrhoea, abdominal pain or vomiting? Yes No
- B8 Since your last donation, have you – or if you're a new donor, have you in the last 12 months:
• Been unwell?
• Seen a doctor or any health care practitioner?
• Undergone any tests/investigations?
• Had an operation/surgical procedure? Yes No
- B9 Since your last donation, have you – or if you're a new donor, have you in the last 12 months – had chest pain/angina or an irregular heartbeat? Yes No
- B10 Since your last donation, have you – or if you're a new donor, have you in the last 12 months:
• Had shingles or chickenpox?
• Had any immunisations/vaccinations (including as part of a clinical trial) other than influenza vaccine in Australia (e.g. fluvax)? Yes No
- B11 Since your last donation, have you – or if you're a new donor, have you in the last 12 months – had a sexually transmitted infection e.g. syphilis, gonorrhoea or genital herpes? Yes No
- B12 Since your last donation, have you – or if you're a new donor, have you in the last 12 months – taken or used any medication, including:
• Regular medication?
• Clinical trial medication?
• Acne or other skin condition medications? Yes No
- B13 Since your last donation, have you – or if you're a new donor, have you in the last 12 months – taken or used:
• PrEP (pre-exposure prophylaxis) to prevent HIV infection?
• Injectable medications? Yes No
- B14 Do you know anyone in your family who had or has:
• Creutzfeldt-Jakob disease (CJD)?
• Gerstmann-Straussler-Scheinker syndrome (GSS)?
• Fatal familial insomnia (FFI)? Yes No
- B15 Since your last donation, have you – or if you're a new donor, have you in the last 12 months – been pregnant (including miscarriage and termination of pregnancy)? I am male Yes No
B15a. If your answer is "Yes" – have you been pregnant in the last 9 months? Yes No

If you have completed Section A today, please go to Section C on the next page.

- B16 Have you been in Papua New Guinea in the last 3 years? Yes No
- B17 Since your last donation, have you been outside Australia? Yes No
- B18 Since your last donation, have you received a transfusion or injection of blood or blood products? Yes No

All donors please complete this section

Please complete using blue or black ink (not pencil) by placing a cross or tick in the relevant box.

- C1 To the best of your knowledge, have you EVER thought you could be infected with HIV or have AIDS? Yes No
- C2 To the best of your knowledge, have you EVER had a test which showed you had hepatitis B, hepatitis C, HIV or HTLV? Yes No
- C3 To the best of your knowledge, in the last 5 years have you “used drugs” by injection or been injected with drugs not prescribed by a doctor or dentist? Yes No
- C4 In the last 12 months have you had an illness with both a rash AND swollen glands, with or without a fever? Yes No
- C5 In the last 12 months have you had sexual activity with a new partner who currently lives or has previously lived overseas? Yes No
- C6 In the last 12 months have you been imprisoned in a prison or been held in a lock-up or detention centre? Yes No
- C7 In the last 12 months have you had (yellow) jaundice or hepatitis or been in contact with someone who has? Yes No
- C8 In the last 4 months have you been injured with a used needle (needlestick)? Yes No
- C9 In the last 4 months have you had a blood/body fluid splash to eyes, mouth, nose or to broken skin? Yes No
- C10 In the last 4 months have you had a tattoo, body and/or ear piercing or acupuncture? Yes No
- C11 In the last 4 months have you had a blood transfusion? Yes No
- C12 In the last 3 months have you engaged in sexual activity with someone who:
- You think could be infected with HIV or have AIDS?
 - Had a test which showed they had hepatitis B, hepatitis C, HIV or HTLV?
 - Ever “used drugs” by injection or been injected, even once, with drugs not prescribed by a doctor or dentist?
 - Had an illness with both a rash AND swollen glands with or without a fever?
- C13 In the last 3 months have you had sex (with or without a condom) with a man who you think may have had oral or anal sex with another man? Yes No
- C14 In the last 3 months have you had male to male sex (that is, oral or anal sex) with or without a condom? I am female Yes No
- C15 In the last 3 months have you been a male or female sex worker (i.e. received payment for sex in money, gifts or drugs)? Yes No
- C16 In the last 3 months have you engaged in sexual activity with a male or female sex worker? Yes No

Donor declaration (continued)

Please print:

Surname/family name _____ Given name _____

Date of birth DD / MM / YYYY

How your information will be used

Your information will be:

- used to:
 - assess your eligibility to donate blood,
 - ensure the safety of both donors and recipients,
 - contact you for future donations, and
 - assist with research including improving the safety of transfusion and donation;
- treated as confidential and held in compliance with the Privacy Act 1988 (Cth), State/Territory health records legislation and Lifeblood's Privacy Policy. Our Privacy Policy explains how we collect, use, store and disclose your personal information; how you may access or seek correction of your personal information; how to make a complaint about a breach of your privacy, and how we will handle that complaint.

Our Privacy Policy is available at donateblood.com.au

How your blood will be used

Thank you for your special gift of blood.

Here's how your blood donation will be used:

- Most of the time, we'll use your donation to help people who are unwell. This may include the supply of plasma from your donation to CSL Behring who is contracted by the Australian government to manufacture plasma-derived medicines for Australians.
- Your donation may be used by Lifeblood or other approved organisations for the purposes of research, teaching and checking quality.
- We may supply some red cells from your donation for the production of red cell testing kits which are used by hospitals, pathology services and blood banks in Australia to assist in the correct matching of blood for transfusions.
- A part of your donation will also be stored in our Blood Sample Archive for possible future testing and research; samples that are no longer required will be destroyed.

Approval from an appropriate Human Research Ethics Committee is required before any research is undertaken on any part of your donation.

Occasionally we may ask you to undergo follow-up tests which you have the option to decline.

Declaration

- I agree for my donation to be used for the purposes set out above;
- I have been provided with, read and understood "Important information for a safe, comfortable donation" and had the opportunity to ask questions;
- I accept the risks associated with blood donation and agree to follow the instructions of Lifeblood staff to minimise these risks;
- I agree to notify Lifeblood if, after my donation, I become aware of any reason why my donation should not be used;
- I declare that I have understood the information on this form and answered the questions honestly and to the best of my knowledge; and
- I understand there are penalties, including fines and imprisonment, for providing false and misleading information.

This declaration is to be signed in the presence of a Lifeblood staff member.

Donor signature _____ Date DD / MM / YYYY

Staff witness (please print)

Surname/family name _____ Given name _____

Signature _____ Date DD / MM / YYYY

Donation number _____

Office use only NOTES – please make all annotations clear. Please initial and date.