

Donor Education Materials ENGLISH VERSION

Medication Deferral List

Please tell us if you are now taking or if you have EVER taken any of these medications:

Proscar® (finasteride) - usually given for prostate gland enlargement

Avodart® (dutasteride) - usually given for prostate enlargement

Propecia® (finasteride) - usually given for baldness

Accutane® (isotretinoin) - usually given for severe acne

Soriatane® (acitretin) - usually given for severe psoriasis

Tegison® (etretinate) - usually given for severe psoriasis

Growth Hormone from Human Pituitary Glands - used only until 1985, usually for children with delayed or impaired growth

Insulin from Cows (Bovine, or Beef, Insulin) - used to treat diabetes

Hepatitis B Immune Globulin - given following an exposure to hepatitis B.

NOTE: This is different from the hepatitis B vaccine which is a series of 3 injections given over a 6 month period to prevent future infection from exposures to hepatitis B.

IF YOU WOULD LIKE TO KNOW WHY THESE MEDICINES AFFECT YOU AS A BLOOD DONOR, PLEASE KEEP READING:

- If you have taken or are taking **Proscar, Avodart, Propecia, Accutane, Soriatane, or Tegison**, these medications can cause birth defects. Your donated blood could contain high enough levels to damage the unborn baby if transfused to a pregnant woman. Once the medication has been cleared from your blood, you may donate again. Following the last dose, the deferral period is one month Proscar, Propecia and Accutane, six months for Avodart and three years for Soriatane. Tegison is an indefinite deferral.
- **Growth hormone from human pituitary glands** was prescribed until 1985 for children with delayed or impaired growth. The hormone was obtained from human pituitary glands, which are found in the brain. Some people who took this hormone developed a rare nervous system condition called Creutzfeldt-Jakob Disease (CJD, for short). CJD has not been associated with growth hormone preparations available since 1985.
- **Insulin from cows (bovine, or beef, insulin)** is an injected material used to treat diabetes. If this insulin was imported into the US from countries in which "Mad Cow Disease" has been found, it could contain material from infected cattle. There is concern that "Mad Cow Disease" may be transmitted by transfusion.
- **Hepatitis B Immune Globulin (HBIG)** is an injected material used to prevent infection following an exposure to hepatitis B. HBIG does not prevent hepatitis B infection in every case, therefore persons who have received HBIG must wait 12 months to donate blood to be sure they were not infected since hepatitis B can be transmitted through transfusion to a patient.

Donor Education Materials ENGLISH VERSION

MAKING YOUR BLOOD DONATION SAFE

Thank you for coming in today! This information sheet explains how **YOU** can help us make the donation process safe for yourself and patients who might receive your blood. **PLEASE READ THIS INFORMATION BEFORE YOU DONATE!** If you have any questions or need any clarification now or anytime during the screening process, please ask blood center staff.

ACCURACY AND HONESTY ARE ESSENTIAL!

Your complete honesty in answering all questions is very important for the safety of patients who receive your blood. **All information you provide is confidential.**

DONATION PROCESS:

To determine if you are eligible to donate we will:

- Ask questions about health, travel, and medicines
- Ask questions to see if you might be at risk for hepatitis, HIV, or AIDs
- Take your blood pressure, temperature and pulse
- Take a small blood sample to make sure you are not anemic

If you are able to donate we will:

- Cleanse your arm with an antiseptic. (If you are allergic to Iodine, please tell us!)
- Use a new, sterile, disposable needle to collect your blood

DONOR ELIGIBILITY - SPECIFIC INFORMATION

Why we ask questions about sexual contact:

Sexual contact may cause contagious diseases like HIV to get into the bloodstream and be spread through transfusions to someone else.

Definition of “sexual contact”:

The words “have sexual contact with” and “sex” are used in some of the questions we will ask you, and apply to any of the activities below, whether or not a condom or other protection was used:

1. Vaginal sex (*contact between penis and vagina*)
2. Oral sex (*mouth or tongue on someone’s vagina, penis, or anus*)
3. Anal sex (*contact between penis and anus*)

HIV/AIDS RISK BEHAVIORS AND SYMPTOMS

AIDS is caused by HIV. HIV is spread mainly through

sexual contact with an infected person OR by sharing needles or syringes used for injecting drugs.

DO NOT DONATE IF YOU:

- Have AIDS or have ever had a positive HIV test
- Have ever used needles to take drugs, steroids, or anything not prescribed by your doctor
- Are a male who has had sexual contact with another male, even once, since 1977
- Have ever taken money, drugs or other payment for sex since 1977
- Have had sexual contact in the past 12 months with anyone described above
- Have had syphilis or gonorrhea in the past 12 months
- In the last 12 months have been in juvenile detention, lockup, jail or prison for more than 72 hours
- Have any of the following conditions that can be signs or symptoms of HIV/AIDS:

- Unexplained weight loss or night sweats
- Blue or purple spots in your mouth or skin
- Swollen lymph nodes for more than one month
- White spots or unusual sores in your mouth
- Cough that won’t go away or shortness of breath
- Diarrhea that won’t go away
- Fever of more than 100.5°F for more than 10 days

Remember that you CAN give HIV to someone else through blood transfusions even if you feel well and have a negative HIV test. This is because tests cannot detect infections for a period of time after a person is exposed to HIV. **If you think you may be at risk for HIV/AIDS or want an HIV/AIDS test, please ask for information about other testing facilities. PLEASE DO NOT DONATE TO GET AN HIV TEST!**

Travel to or birth in other countries

Blood donor tests may not be available for some contagious diseases that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.

What happens after your donation:

To protect patients, your blood is tested for hepatitis B and C, HIV, certain other viruses, and syphilis. There are some circumstances in which infectious disease testing may not be performed. If your blood tests positive it will not be given to a patient. You will be notified about



**Donor Education Materials
ENGLISH VERSION**

test results that may disqualify you from donating in the future. **Please do not donate to get tested for HIV, hepatitis, or any other infections!**

Thank you for donating blood today!

Coastal Bend Blood Center
1-800-299-4943

Donor Education Materials ENGLISH VERSION

WEST NILE VIRUS TESTING STUDY

Background

As you know, in 2002, there was a major epidemic in the US, of West Nile Virus (WNV). WNV is capable of causing encephalitis (brain infection). Approximately 3,700 cases of WNV were reported in 37 states. It is now known that WNV can be transmitted from infected blood donors to transfusion recipients. A new test is being developed to be used to screen blood donors for the presence of WNV. These research tests are in the clinical *trial* phase and are being performed in blood centers across the United States. The following information is provided for your consideration.

How do you get WNV?

The transmission of WNV to humans occurs through the bite of infected mosquitoes. Birds, especially crows, ravens and blue jays, are the primary hosts for WNV and sustain the cycle of infection by increasing the amount of the virus. The infection in humans can range from demonstrating no symptoms, to flu-like symptoms, to serious illness, including encephalitis. It is estimated that only 1 in 150 people infected with WNV will have a serious or life threatening illness.

What kind of test will be performed?

The research test is designed to identify the presence of viral genetic material of WNV in a blood sample. This test is called NAT, short for Nucleic Acid Test.

Why do a NAT test?

Nat tests are very sensitive and allow the detection of virus before the body has time to produce antibodies to infection. Detecting the presence of the virus is important because an individual may be infected and have no signs of an illness.

Do I have to agree to have this WNV test performed?

Your participation in this study is voluntary and refusal to participate will involve no penalty or loss of benefits to which you are otherwise entitled. There are no direct benefits to you for your participation in this study, other than detecting WNV. The long term benefit of this study is to ultimately license a blood screening test that will ensure a safer blood supply. If you decide to participate, you may change your mind about being in the study and quit at any time prior to the testing of your blood sample without penalty or loss of benefits. If you agree to participate, but later decide to withdraw from the study, please call the blood center immediately at 316-855-4943.

What happens if my blood test is positive for WNV?

If your blood sample is NAT / WNV positive, it may mean that you have been infected by WNV. Any blood testing positive will not be used for transfusion. You will be notified of a positive test result. *It is possible you may be deferred from donating blood for 120 days or more, until a subsequent follow-up WNV NAT test result is negative.* You will be asked to participate in a very important follow-up study that will help to determine how long the virus remains in a person's blood. This study will require a small sample of blood *to be drawn.* *Based on those results, you may be asked to return for additional visits.* If you decide not to be in the follow-up study, *your decision will involve no penalty or loss benefits to which you are otherwise entitled.* *You should contact your personal physician to obtain additional information and advice on treatment options.*

What do I do if I am notified of a positive NAT / WNV test result?

Call the Donor Counselor, Monday through Friday 7:30 am to 4:30pm, at 361-855-4943 or 1-800-299-4943. At that time, you will be invited to participate in a follow-up study of WNV positive blood donors. All information concerning you and your donation results will be kept strictly confidential. *Public Health Officials may be notified of positive test results, as required by law.* The FDA may choose to inspect the records of the research study. You should contact your *personal* physician to obtain additional information and advice on treatment options.

What if I have more questions about NAT/WNV testing?



**Donor Education Materials
ENGLISH VERSION**

If you have questions regarding the research study you may contact Lucky Morales at the Coastal Bend Blood Center at 361-855-4943 or 1-800-299-4943.

THANK YOU FOR YOUR LIFE GIVING BLOOD DONATION TODAY!

**Donor Education Materials
ENGLISH VERSION**

List of Countries

FROM 1980 THROUGH 1996, DID YOU SPEND TIME THAT ADDS UP TO THREE (3) MONTHS OR MORE IN THE UNITED KINGDOM?

England	Isle of Man
Northern Ireland	Channel Islands
Scotland	Gibraltar
Wales	Falkland Islands

FROM 1980 TO THE PRESENT, DID YOU SPEND TIME THAT ADDS UP TO FIVE (5) YEARS OR MORE IN EUROPE, INCLUDING TIME SPENT IN THE U.K. FROM 1980 THROUGH 1996 ?

**EUROPEAN COUNTRIES LIST TO BE USED FOR DEFERRAL OF DONORS
BASED ON GEOGRAPHIC RISK OF BSE (Bovine Spongiform encephalopathy).**

Albania	Greece	Romania
Austria	Hungary	Slovakian Republic
Belgium	Republic of Ireland	Slovenia
Bosnia-Herzegovina	Italy	Spain
Bulgaria	Liechtenstein	Sweden
Croatia	Luxembourg	Switzerland
Czech Republic	Macedonia	United Kingdom
Denmark	Netherlands	Federal Republic of
Finland	Norway	Yugoslavia
France	Poland	
Germany	Portugal	

IF YOU ARE MILITARY OR CIVILIAN MILITARY DID YOU SPEND A TOTAL TIME OF 6 MONTHS OR MORE ASSOCIATED WITH A MILITARY BASE IN ANY OF THE FOLLOWING COUNTRIES:

FROM 1980 THROUGH 1990

Belgium
Netherlands
Germany

FROM 1980 THROUGH 1996:

Portugal	Italy	Spain
Turkey	Greece	



Donor Education Materials
ENGLISH VERSION

Ref: Revised Preventive Measures to Reduce the Possible Risk of Transmission of Creutzfeldt-Jakob Disease (CJD) and Variant Creutzfeldt-Jakob Disease (vCJD) by Blood and Blood Products

What does a low hemoglobin level mean?

If you have been deferred today as a blood donor because of a low hemoglobin level, it does not necessarily mean you are anemic or cannot donate in the future. In fact, in most cases, a single change in your diet is all that is needed to increase your hemoglobin level.

What is hemoglobin?

Iron, when combined with certain proteins, becomes hemoglobin in the red blood cells. Iron is present in small amounts in the body. Its function is to carry oxygen to the body's tissues. Because oxygen helps convert food into energy, too little iron-and hemoglobin-can trigger an internal energy crisis.

The average adult male requires 10 mg of iron daily, while the average adult female requires 18 mg a day. Iron is especially important in a woman's diet because her monthly loss of hemoglobin depletes her body's iron supply. Half of all women of childbearing age get less iron than the United States Recommended Daily Allowance (U.S.R.D.A.) and 5% suffer from iron deficient anemia.

IRON AND YOUR DIET

Iron-rich foods help to promote blood regeneration. Liver, one of the best sources of iron, should be included in the diet once a week. Lean meats, eggs, whole-grain and enriched breads, cereals and potatoes are good sources of iron. Other foods valuable for their iron content include green leafy vegetables, dried fruits, legumes (peas, beans, lentils) and molasses. Food poor in iron generally have a noticeable lack of pigment. With a few exceptions, such as the potato and enriched white bread, it may be helpful to remember that white foods are not good builders of red blood cells.

You can increase the amount of iron your body absorbs by eating foods high in vitamin C along with ones rich in iron. Drinking tea and coffee during or after meals decreases iron absorption and should be avoided by people who suffer from anemia. Studies show that tea reduces iron absorption by as much as 87% when consumed with a meal. Your blood donation will generally lower your hemoglobin level by only one gram

High iron foods

Beet greens
Chicken
Dates
Dried Dates
Dried Apricots
Dried Beans or Peas
Dried Peaches or Raisins



Enriched Breads
Ham
Iron-fortified cereal
Liver
Meat, especially lean beef
or pork
Molasses



Sardines
Scallops and shrimp
Spinach
Tuna
Turkey
Veal
Wheat germ

