

# Blood Donor Educational Material

**YOU MUST READ THIS BEFORE YOU DONATE!**

- **Your accurate and honest responses are critical to the safety of patients who receive blood transfusions.**
- Each question is necessary to fully evaluate the safety of your donation.
- As required by regulations, we are instructing you not to donate blood if you have a risk factor.
- If you don't understand a question, ask the blood center staff for assistance.
- YOUR RESPONSES ARE CONFIDENTIAL.

**To determine if you are eligible to donate, we will:**

- Ask about your health and medications you are taking or have taken.
- Ask if you have traveled to or lived in other countries.
- Ask about your risk for infections that can be transmitted by blood – especially HIV (which is the virus that causes AIDS), and viral hepatitis.
- Take your blood pressure, temperature, and pulse.
- Take a blood sample to be sure your blood count is acceptable before you donate.

**If you are eligible to donate, we will:**

- Clean your arm with an antiseptic (Tell us if you have any skin allergies).
- Use a sterile needle and tubing set to collect your blood.

We NEVER reuse a needle or tubing set.

**WHAT HAPPENS AFTER YOUR DONATION**

To protect patients, your blood is tested for hepatitis B and C, HIV, syphilis, and other infections. If your blood tests positive, it will not be given to a patient. You will be notified about any positive test result which may affect when you are eligible to donate in the future. There are times when your blood is not tested. If this occurs, you may not receive any notification. The blood center will handle your test results according to Dubai Health Authority regulations for infectious diseases.

**DONOR ELIGIBILITY – SPECIFIC INFORMATION**

Certain infectious diseases, such as HIV and hepatitis, can be spread through:

- Sexual contact
- Other activities that increase risk
- Blood transfusion

We will ask specific questions about sexual contact and other activities that may increase risk for these infections.

**What do we mean by “sexual contact?”**

The words “have sexual contact with” and “sex” are used in some of the questions we will ask you. These questions apply to all of the activities below, whether or not medications, condoms or other protection were used to prevent infection or pregnancy:

- Vaginal sex (contact between penis and vagina)
- Oral sex (mouth or tongue on someone’s vagina, penis, or anus)
- Anal sex (contact between penis and anus)

**A “new sexual partner” includes the following examples:**

- Having sex with someone for the first time  
OR
- Having had sex with someone in a relationship that ended in the past, and having sex again with that person in the last 6 months.

**HIV/Hepatitis risk factors**

HIV and hepatitis are spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person to inject drugs.

**DO NOT DONATE if you:**

- **Have EVER taken any medication to treat HIV infection.**
- **Are taking any medication to prevent HIV infection. These medications may be called: PrEP, PEP, TRUVADA, DESCOVY, APRETUDE or many other names.**

FDA-approved antiretroviral drugs are safe and effective in preventing sexual transmission of HIV. However, these antiretroviral drugs do not fully eliminate the virus from the body, and donated blood can potentially still transmit HIV infection to a transfusion recipient.

**DO NOT STOP TAKING ANY PRESCRIBED MEDICATIONS IN ORDER TO DONATE BLOOD, INCLUDING PrEP and PEP MEDICATIONS.**

**DO NOT DONATE if you:**

- Have **EVER** had a positive test for HIV infection.
- **In the past 6 months:**

- Have had sexual contact with a new partner **and** have had anal sex.
  - Have had sexual contact with more than one partner **and** have had anal sex.
  - Have had sexual contact with anyone who has ever had a positive test for HIV infection.
  - Have received money, drugs, or other payment for sex.
  - Have used needles to inject drugs, steroids, or anything not prescribed by your doctor.
  - Have had sexual contact with anyone who has received money, drugs, or other payment for sex, **or** used needles to inject drugs, steroids, or anything not prescribed by their doctor.
  - Have had syphilis or gonorrhea or been treated for syphilis or gonorrhea.
- **In the past 12 months:**
    - Have been in juvenile detention, lockup, jail or prison for 72 hours or more consecutively.

• Have **EVER** had Ebola virus infection or disease.  
**DO NOT DONATE if you** have these symptoms which can be present before you test positive for HIV:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

Your blood can transmit infections, including HIV, even if you feel well and all your tests are normal. Even the best tests cannot detect the virus for a period of time after you are infected.

**DO NOT DONATE:**

- If you think you may be at risk for HIV or other infections.
- If your purpose for donating is to obtain test results for HIV or other infections. Ask us where you can be tested for HIV and other infections.
- If your donation might harm the patient who receives your blood.

**PRE-DONATION REQUIREMENT!**

- You are advised to drink fluids before donation, which will help to maintain your blood volume.
- You will be asked to present your emirates ID and also to fill a donor history questionnaire.
- Your presence here is voluntary. You may leave at any time but please inform a member of the Blood Donation Center.

**Possible side effects of blood donation:**  
**There is usually no discomfort while giving. A small number of donors may:**

- Feel faint, dizzy or nauseated
- Very rarely, faint and have muscle spasms
- Have bruising, redness or swelling at the needle site
- Rarely suffer nerve damage, pain or numbness in the arm.
- A decrease in iron stores (ferritin) may occur in frequent donors. A diet rich in iron is advised for all donors.
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**Hazardous jobs:**

- People who work in jobs that expose them to risk (such as pilots, high attitude workers, bus drivers and heavy equipment operators) may require some time off before going back to work.

**THANK YOU FOR DONATING BLOOD TODAY!**

For more information you can call:  
Dubai Blood Donation Center

Tel: 80060

Visit our website: [www.dubaihealth.ae](http://www.dubaihealth.ae)

**Working hours for Dubai Blood Donation Center is :**  
For whole blood, 7 a.m. to 8:30 p.m. Monday to Friday  
For platelets- 7 a.m. to 1:30 p.m. Monday to Thursday  
And 7 a.m. to 12:30 p.m. Friday

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