



Blood Donation Information for Parents / Guardians

Dear Parent/Guardian

Blood donation is a precious gift that saves lives. Children must be made aware of this selfless act at a young age to encourage lifelong blood donations as an adult. We hope that you will support and encourage your son/daughter/ward's decision to donate blood.

Please read the information below before giving your consent for your child/ward to donate blood.

Every healthy person between the ages of 16 and beyond 65 may donate blood provided that they are healthy, sexually responsible and his/her body weight is more than 50 kg. We require a once-off parental/guardian consent for children of 16 and 17 years of age when they donate blood for the first time. This consent will expire on the child's 18th birthday when they become eligible to donate blood without parental consent.

Information about blood donation:

A single unit of blood can save at least 3 lives. This selfless act takes no more than 30 - 45 minutes, is completely safe and encourages a sexually safe lifestyle and healthy habits.



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NAMBTS
donate life



What happens during the blood donation process?



1. Before donation

Get at least 8 hours of sleep the night before your donation

- Eat a healthy breakfast or lunch – both if your donation is later in the day
- Do not skip meals on the day of blood donation
- Drink plenty of fluids in the days before you donate (avoid or minimize alcohol). On the day of your donation, start the day with a glass of water or juice.



3. Donation

NAMBTS conducts regular donor clinics in Namibia. These blood donor clinics are run under strict hygienic conditions by following international blood donor guidelines.

There is absolutely no risk of contracting a disease/virus by donating blood:

- Each blood donation uses a new, sterile needle to collect a unit of blood from a vein in the arm
- Blood volume of 450 ml will be collected
- Most donors feel fine after donating blood, but some may feel lightheaded or dizzy; redness or pain where the needle was; fainting with or without loss of consciousness.
- Young, first-time, and low-weight donors are more likely to experience the above reactions than other donors, however, there are ways to help minimize or prevent these reactions.
- The nurses that operate these clinics are trained and competent in handling and managing these reactions.



2. Donor Screening

- Your child/ward will be required to complete a Medical History Questionnaire and Declaration Form which has questions on the donor's general health and lifestyle.
- We will conduct a confidential interview in which we will ask your child/ward questions about his / her general health, medication use, sexual behaviour and other risk factors for infectious diseases.
- We will check your child/ward's weight, haemoglobin level, blood pressure and pulse
- If your child /ward meet the general criteria for blood donation he / she will be accepted for blood donation.



4. Blood Testing

Every single donation is screened for Syphilis, Hepatitis B and C, and HIV. These tests are mandatory and play a very important role in ensuring that NAMBTS provide safe blood to the patients.



5. Donor Counseling

- If a screening test is positive, the donor will be contacted confidentially by our Donor Counsellor and with his/her consent, you will be contacted by the Donor Counsellor to set up an appointment to discuss the results with your child/ward present. Parents will not be informed of any results without the consent of the donor. All donor aged 16 and 17 will be counselled in the presence of their parents / guardians
- The Donor counsellor will communicate the test results and provide your child / ward with a referral letter for further medical attention if necessary.



6. Research

NAMBTS may use the information or left-over blood samples collected from donors confidentially and anonymously for medical research, such as research on ways to increase the safety of the blood supply

- By giving your son/daughter/ward permission to donate blood, you are also consenting to the use of the donation and donor information for this type of research.

If your child/ward is not supposed to donate blood due to religion, medical reasons or other situations, please discuss the matter with your child/ward and encourage them not to visit the blood donation clinics.