



### Informed Consent for Blood Donation National Blood Centre, the Thai Red Cross Society

- Donating blood to save life is one of the greatest donations worth to be applauded.
- Healthy person aged between 17-70 years who passed the blood donation criteria can safely donate blood. For those of 17 years old need to have the signed consent from parent/guardian.
- 12-15% of body blood volume will be drawn for each donation. This amount of blood will not cause any harmful effect on donors. **Only mild reactions may occur in some donors e.g. bruise, fatigue, nausea and vomiting.**
- National Blood Centre, the Thai Red Cross Society, is the national organization in procuring safe and adequate blood to meet the need of the patients in the country. Support from blood donors is much needed and greatly appreciated.

### Blood Donation Consent Form

#### Blood donor part

Donor name(Print name)(Mr./Ms.).....age.....year.....month  
 Date of birth...../...../.....I.D. number.....  
 School/University.....

#### Parent/Guardian part

Parent/Guardian name(Print name).....  
 Phone number.....E-mail.....  
 Relationship to donor under my legal guardian.....  
 I hereby give permission for (Mr./Ms.).....  
 to donate blood to the National Blood Centre, the Thai Red Cross Society and will not claim if any adverse reactions occur.

Signature.....Parent/guardian  
 (.....)  
 date.....month.....year.....

### General information for blood donor

- Age 17 years old with at least 45 kgs. body weight
- Have regular meal and drink 4-5 glasses of water 30 minutes before donating blood
- Avoid caffeine 3-4 hours before donating blood
- Do not have fever or sore throat
- Have enough sleep before and after donation
- Take the iron tablet after donation