Blood donation enrolment form

Your details

Female ☐ Male ☐

Title ..... Surname ..... First name .....

Middle name ..... Known as ..... Maiden name .....

Date of birth ☐ / ☐ / ☐ Age ☐ Occupation .....

Residential/Business name and address .....

..... State ☐ Postcode ☐

Mailing address ☐ Tick if same as Residential address .....

..... State ☐ Postcode ☐

Home (☐) ☐ ☐ Business (☐) ☐ ☐

Mobile ☐ ☐ ☐

Email .....

Have you ever enrolled to give blood in Australia before? ☐ Yes ☐ No

If 'Yes' please indicate in which State or Territory ☐

If 'Yes' please indicate your total number of prior donations ☐

If 'Yes' please indicate any previous names used when donating .....

Would you like your blood donations to count towards an organisation or group tally? ☐ Yes ☐ No

Please indicate the name of your preferred organisation/group .....

Disclaimer - Donations appear online as a number without any identifying information and in accordance with our privacy policy.
If your group has not yet registered, you will be notified.

Thank you for enrolling to donate blood

Blood donations are essential in providing life-saving treatments for the Australian community. The greatest need for blood typically comes from patients with cancer or leukaemia, accident victims and some mothers during pregnancy and childbirth.

The questions on page 2 are a quick checklist to help determine if you are able to give blood.* If you are unsure, please talk to an Australian Red Cross Blood Service staff member or call 13 14 95.

*Further eligibility criteria apply, and you will be required to complete a comprehensive questionnaire before your eligibility to donate is determined.

On the day of donation

Be prepared by having plenty of liquid in the 24 hours before donation especially in warm weather.

Eat up. Make sure that you eat something in the 3 hours before donating.

Drink up. Have 3 good-sized glasses of water or juice in the 3 hours prior to visiting the donor centre.

Bring ID. Please bring at least one form of photo identification.

Thank you for enrolling to donate blood. We look forward to seeing you soon.
Please turn the page and complete the questions about your eligibility to give blood.

Enrol to donate blood

Please read the questions carefully and respond by placing a cross in the relevant box.

1. Are you aged between 16-70 years?

   ☐ Yes.

   ☐ No. You may not be able to give blood. Please contact us.

2. WA/QLD aged 16-17 years?

   ☐ Yes. Parental Consent Form required.

   ☐ No.

3. Do you weigh at least 50 kg?

   ☐ Yes.

   ☐ No. You may not be able to give blood. Please contact us.

4. At this time, are you feeling fit and healthy?

   ☐ Yes.

   ☐ No. At this time you may not be able to give blood. Please contact us.

5. Have you spent a cumulative period of 6 months or more in the United Kingdom between 1 January 1980 and 31 December 1996?

   ☐ Yes. You may not be able to give blood. Please contact us.

   ☐ No.

6. In the last 12 months, have you undergone any surgical procedures?

   ☐ Yes. You may not be able to give blood. Please contact us.

   ☐ No.

7. In the 3 days after your appointment 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. You may not be able to give blood. Please contact us.

   ☐ No.

The personal information collected on this form allows the Australian Red Cross Blood Service to register you as a potential blood donor. All information collected will be handled in confidence and in accordance with the Privacy Act 1988 (Cth). For more information, please refer to the Blood Service Privacy Brochure.

☐ By submitting this form I agree to be contacted by Australian Red Cross Blood Service to discuss how I can become a blood donor. This contact may be by phone, post or email. Read Privacy Policy.

Submit form

Print form

For further information call 13 14 95
or visit donateblood.com.au

Australian Red Cross
BLOOD SERVICE

What you need to know about giving blood

Who can give blood?

Giving blood is a relatively simple and very rewarding experience. Most people are able to give blood if they:

- are aged between 16-70 years (in QLD and WA 16-17 year olds require parental consent)
- weigh more than 50kg
- are healthy and not suffering from a cold, flu or other illness at the time of donation and have not been to the dentist or had an upset stomach in the past week
- have had plenty of liquid in the 24 hours before donation, especially in warmer weather and drink at least 3 good-sized glasses of water/juice in the 3 hours before donation
- eat something in the 3 hours before donating: savoury and salty foods are best as they help to maintain and restore your blood volume more rapidly
- have brought ID, including at least one form of photo identification

What happens when you give blood?

Arrival

On arrival, you will be welcomed by our staff and asked to complete a Donor Questionnaire. This form asks questions about your general health and is completely confidential. It is designed to protect both you and the person who receives your blood.

Interview

Before you give blood, you will be interviewed by a trained staff member to assess your suitability. You will be given a quick 'finger prick' to check your haemoglobin level is within our acceptable range, and your blood pressure will be measured. Every time you visit the Blood Service a member of our professional staff will assess whether it is safe for you to give blood.

Giving blood

Giving blood takes just 5-15 minutes. However, you should allow about an hour from time of arrival to departure, which includes time for your interview and refreshment. During your donation tense and relax your calf and thigh muscles for about 5 seconds 3 times every minute during and immediately after your donation.

If you experience any discomfort or if you have any concerns, speak to a staff member immediately – we want to know how you are feeling.

Relax and refresh

- After giving blood, you should rest on the chair for around 2-3 minutes
- When you are ready, sit on the side of the chair with your legs hanging over the edge, before moving through to the refreshment area
- Relax for at least 15 – 20 minutes in the refreshment area and have something to eat and drink
- Within 24-48 hours your blood volume is completely restored. Drinking extra water-based fluids before and after giving blood will help this process

For the next 6 hours

- You should drink plenty of water/juice (at least another 3 good–sized glasses)
- You should avoid strenuous exercise and avoid prolonged standing
- Don't get overheated — avoid hot showers, sitting or standing in the direct sun and choose cool drinks rather than hot drinks
- You should avoid alcoholic drinks for 6 hours and avoid smoking for at least 2 hours after you donate
- Call us on 13 14 95 if you are worried about anything, if you feel unwell or if you have any questions

Testing

To protect patients who receive blood, your donation is tested to determine your blood group and will be screened for HIV 1 & 2, hepatitis B & C, HTLV I & II and syphilis.

Meet Howard. Howard loves making music and donating blood. He feels great knowing each time he donates he saves 3 lives.

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BLOOD SERVICE

Is it safe to give blood?

All equipment is sterile; needles are used only once and then discarded. In the great majority of individuals, a donation of 470 mL is less than 10% of your total blood volume and may be given safely every 12 weeks.

Whole blood is rich in iron and having an iron enriched diet will help restore your iron levels after donation. Please refer to the 'Why iron and haemoglobin are important' brochure.

Where does your blood donation go?

A single blood donation, when separated into its components, can help at least 3 different patients and contribute to making up to 22 different products.

Red Blood Cells
for treatment of anaemia and bleeding after trauma or surgery

Platelets
for control and prevention of haemorrhage, often in patients with leukaemia and cancers

Fresh Frozen Plasma
for patients who have bleeding problems after trauma or liver transplants

Cryoprecipitate
contains blood clotting factors and is commonly used in the treatment of massive bleeding

Zoster Immunoglobulin
for the prevention of chicken pox or shingles

Hepatitis B Immunoglobulin
for the prevention of hepatitis B infection

CMV Immunoglobulin
for the prevention of CMV infection in transplant patients and treatment of CMV infection

Rh(D) Immunoglobulin
for prevention of haemolytic disease in newborn babies of Rh(D) negative mothers

Biostate (factor VIII)
for the management of the inherited bleeding conditions von Willebrand's disease and haemophilia A

Thrombotrol-VF
for the management of patients with certain medical conditions that can cause their blood to clot too readily

Monofix-VF (factor IX)
for the management of the inherited bleeding condition haemophilia B (Christmas disease)

Prothrombinex-VF
contains concentrated clotting factors that can be used to manage some bleeding disorders

Albumex-20
for patients with kidney or liver disease

Intragam P
for the management of many immune system diseases and to reduce susceptibility to infection

Albumex-4
for treatment of patients suffering burns or shock due to blood loss

Tetanus Immunoglobulin
for the prevention and treatment of tetanus

Normal Immunoglobulin
for the prevention of hepatitis A, measles and poliomyelitis

Red Cells Platelets Plasma

Why give blood?

You can be certain that when you give blood, you are really making a difference to someone's life.

Blood is vital to life and, for many people, blood donors are their lifeline. Currently, only 1 in 30 Australians gives blood, but 1 in 3 Australians will need blood in their lifetime.

Every type of blood is important. Because type O is the most common blood type, it is also the most needed. Type O negative is particularly valuable because, in certain emergency situations, it can be used when the patient's blood type is unknown.

The graph below shows the 8 primary blood groups and percentage of the Australian population in each group.

Where can you give blood?

Just call us on 13 14 95 or visit our website donateblood.com.au to find out the location of your nearest Blood Donor Centre.

Are there times when you shouldn't give blood?

There may be times when you cannot give blood and you will be deferred temporarily. Some reasons for temporary deferral are: colds and flu, illness or operations, certain medications including antibiotics, pregnancy, recent major dental work, piercings and travel.

If you are unsure about your eligibility, Blood Service staff are able to answer most general enquiries over the telephone.

Simply call us on 13 14 95.

For further information call 13 14 95 or visit donateblood.com.au

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