

**PARENTAL/GUARDIAN CONSENT FORM**  
**For Sixteen and Seventeen year-old blood donors**

- 1) Donating blood is one of the kindest and most generous acts that one human being can do for another. Blood cannot be manufactured. It has to come from one human being to save the life of another. Because of volunteer blood donors, thousands of accident victims and those who need major surgery are alive today.
- 2) Any healthy person between the age of 18 and 60 years can give blood. Those who are 16 & 17 year-old may also donate blood if they have their parent's/ guardian's consent (please see below).
- 3) The amount of blood one gives at each donation is small and it does not have any adverse effect on one's health. Blood donation is a simple and painless procedure. Donors will be medically examined by the attending Medical Officer before they are accepted as blood donors.
- 4) The Bloodbank@HSA of the Centre for Transfusion Medicine, which supplies blood to all public and private hospitals, needs your support. Please take a step forward and be a blood donor. On behalf of the patients in the hospitals who will directly benefit from your donation, we would like to thank you for your generous act.

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**DONOR**

NRIC No \_\_\_\_\_

School Name \_\_\_\_\_

**PARENT/GUARDIAN**

Name \_\_\_\_\_

Contact No \_\_\_\_\_

NRIC No \_\_\_\_\_

\_\_\_\_\_ has my permission to donate blood and meets the basic criteria listed below. I will bear the total responsibility for this consent.

(Name of Donor)

\_\_\_\_\_  
 Signature of Parent/ Guardian

\_\_\_\_\_  
 Date of Consent

**In order to donate blood, donors must have:**

- NRIC or other photo identification showing date of birth. For foreigners, please show passport.
- endorsed Centre for Transfusion Medicine's Parental/ Guardian consent form.

**Basic blood donor requirements:**

- At least 16 years of age on the date of the blood donation
- Weighs at least 45 kg
- Eat a well-balanced meal, including plenty of fluids (avoid caffeine), 3-4 hours prior to your donation
- No colds, sore throat or flu symptoms (specific medications and other diseases will be evaluated by the attending Medical Officer)