Donor Educational Materials

Thank you for coming in today! These educational materials explain how you can help us make the donation process safe for you and patients who might receive your blood.

PLEASE READ THIS INFORMATION BEFORE YOU DONATE! If you have any questions now or at any time during the screening process, please contact a LifeSouth team member.

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If you are deferred

If, after evaluation, you are told that you are not eligible to donate, we share your disappointment. Your deferral from donation may be temporary or it may be permanent. Our Donor Services staff will advise you about your future eligibility to donate. Refer to these educational materials or ask our Donor Services staff if you have questions about the reasons for your deferral. Thank you for your generous spirit. Your desire to save lives by donating blood makes all the difference for patients in need, and we are grateful to you.

Thank you for supporting your community’s blood supply.
Responsibilities of a Blood Donor

Protect Yourself and the Patient

Blood donors can save lives, but only if they help make sure the blood they give is safe. In order to protect you and the patients who may receive your blood, LifeSouth asks questions about your health and lifestyle. You have a responsibility as a blood donor to truthfully answer all of these questions. Please note the following:

- Federal regulations require us to ask every donor these questions before every donation.
- Even if you have answered the same questions for a prior donation, you must still provide complete, accurate responses for this donation.
- Your truthfulness in answering the questions is extremely important.
- If at any time you do not understand a question or term, please ask us to explain.
- Some questions will be about sexual activity, illegal drug use, your travel history, and infectious diseases.
- If you feel uncomfortable about disclosing this information, you should not donate.
- All information you provide is strictly confidential.
- If you do not want to answer a question, you can simply walk away without discussion.
- If you are donating at work or with friends, we can provide you with an excuse for not donating if necessary.
- If you do not speak English well and need an interpreter, please let us know. We can provide Spanish language interpreters to assist you if necessary.

HIV, Infectious Diseases, and Blood Donations

HIV and other infectious diseases can be transmitted through donated blood. LifeSouth tests all donations for HIV. However, HIV is not detectable in the blood for a period of time after exposure. A recently infected person may test negative, and if that person’s blood is transfused, HIV can be transmitted to a patient.

If you want to find out your HIV status, do not donate blood. Instead, contact your local Health Department, where you can get a quick and anonymous HIV test.

For more information on infectious diseases, such as HIV or hepatitis, please ask us for an educational pamphlet.

For information on the risk behaviors and symptoms associated with HIV, please refer to the rest of our Educational Materials.

Testing and Notification of Test Results

We will test your blood for various infectious diseases. You can choose not to be tested; however, if you so choose, we cannot accept your blood donation. Blood that tests positive for any infectious agent will not be used for transfusion.

If any of your tests are positive, we will notify you by letter and provide you information about any recommended follow-up course of action. A positive test may prevent you from being able to donate blood in the future. Please note that sometimes tests can result in a false positive, which means that although your blood tests positive, you do not have the disease. We will notify you of a false positive result if it affects your donation status.

After Your Donation

If your health status changes, if you remember something that may affect the safety of the blood you donated, or if you feel your blood should not be given to patients, please contact LifeSouth at 1-866-592-8678.
The Donation Process

Donating blood can be a rewarding experience. Plan to spend at least an hour to complete the donation.

It is important that you have had a meal and have adequate fluid intake prior to donating. We may ask you to drink water or juice before your donation.

First, to determine if you are eligible to donate, we will:

• Ask questions about health, travel, and medications.
• Ask questions to see if you might be at risk for hepatitis, HIV, or AIDS.
• Measure your blood pressure, temperature, pulse, and hemoglobin level.

If you are able to donate, we will:

• Cleanse your arm with an antiseptic. (If you are allergic to iodine or latex, please tell us.)
• Use a new, sterile, disposable needle to collect your blood.
• Monitor you throughout the donation to make sure you are comfortable.
• Take several tubes of blood for testing before the needle is removed from your arm. Your blood will be tested for hepatitis B and C, HIV, certain other viruses, and syphilis. Please do not donate to get tested for HIV.

Donor Eligibility – Specific Information

Why we ask questions about sexual contact:

Sexual contact may transmit contagious diseases like HIV, which can spread through transfusions to someone else.

Definition of “sexual contact”:
The words “have sexual contact with” and “sex” are used in some of the questions we will ask you, and apply to any of the activities below, whether or not a condom or other protection was used:

• 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).

HIV/AIDS Risk Behaviors and Symptoms

AIDS is caused by HIV. HIV is spread mainly through sexual contact or by sharing needles or syringes used for injecting drugs. Symptoms of HIV/AIDS include:

• Blue or purple spots in the mouth or on the skin.
• Unexplained weight loss or night sweats.
• Swollen lymph nodes for more than one month.
• White spots or unusual sores in the mouth.
• Cough that will not go away or shortness of breath.
• Diarrhea that will not go away.
• Fever of more than 100.5°F for more than 10 days.

Remember that you can give HIV to someone else through blood transfusions even if you feel well and have a negative HIV test. This is because tests cannot detect infections for a period of time after a person is infected with HIV. If you think you may be at risk for HIV/AIDS or want an HIV/AIDS test, please ask for information about other testing facilities. Please do not donate to get an HIV test.
General Information about your Eligibility to Donate

Note the items listed on this page are not all inclusive. Other conditions may affect your donation eligibility.

To Donate Today

You must be feeling well and

- Have eaten a well-balanced meal in the past three hours
- Have a valid picture ID, preferably a current driver’s license or passport
- Be at least 17 years old (16 with parental permission)
- Weigh at least 110 pounds
- If female, not be pregnant (currently or in the last 6 weeks)

Please DO NOT Donate If

You just want to be tested for HIV/AIDS

- Had a non-sterile tattoo, skin or ear piercing, or acupuncture
- Been incarcerated in jail, prison, or a correctional institution for more than 72 consecutive hours
- Had sex with:
  - A person with AIDS or a positive HIV test
  - A prostitute (male or female), even once
- Had a blood transfusion

Since this time last year, you have

- In the United Kingdom for a total of three months from 1980 through 1996.
- In Europe for a combined total of 5 years from 1980 until now.
- On a U.S. Military base in any of these countries for a combined total of six months:
  - In the United Kingdom, Germany, the Netherlands or Belgium between 1980 and 1990
  - Or in Greece, Italy, Portugal, Spain, or Turkey between 1980 and 1996

Since 1980, you have visited or lived

See the List of Countries in Europe on page 8 for more information.

Since 1977, you

- If male, have had sex with another man, even once

You have ever

- Been treated for hemophilia or other bleeding problem
- Used non-prescription injection drugs, even once
- Had a positive test for HIV/AIDS

After donation

- Do not participate in activities that require your maximum physical ability. Specifically, if your shift immediately follows the donation please wait to donate until after your shift.

Thank you for considering donating blood today.
## Medication List

### Medications We Will Ask you About

During the donor interview, we will ask if you are now taking or if you have ever taken any of these medications:

<table>
<thead>
<tr>
<th>Medication</th>
<th>Brand Name</th>
<th>Generic Name</th>
<th>Common Reasons For Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accutane© Isotretinoin</td>
<td>Accutane©</td>
<td>Isotretinoin</td>
<td>Severe acne</td>
</tr>
<tr>
<td>Amnesteem© Isotretinoin</td>
<td>Amnesteem©</td>
<td>Isotretinoin</td>
<td>Severe acne</td>
</tr>
<tr>
<td>Avodart© Dutasteride</td>
<td>Avodart©</td>
<td>Dutasteride</td>
<td>Prostate enlargement</td>
</tr>
<tr>
<td>Claravis© Isotretinoin</td>
<td>Claravis©</td>
<td>Isotretinoin</td>
<td>Severe acne</td>
</tr>
<tr>
<td>Clotting factor concentrates, human derived</td>
<td></td>
<td>Not applicable</td>
<td>Bleeding disorders, such as hemophilia</td>
</tr>
<tr>
<td>Growth hormone, derived from human pituitary glands</td>
<td></td>
<td>Not applicable</td>
<td>Delayed or impaired growth in children</td>
</tr>
</tbody>
</table>
| Hepatitis B Immune Globulin                     |            | Not applicable | Following an exposure to hepatitis B  
**NOTE:** This is different from the hepatitis B vaccine, which is a series of 3 injections given over a 6 month period to prevent future infection from exposures to hepatitis B. |
| Insulin from cows (bovine or beef)              |            | Not applicable | Diabetes                                                                               |
| Plavix© Clopidogrel                              | Plavix©    | Clopidogrel  | Conditions with risk of clot formation                                                 |
| Propecia© Finasteride                           | Propecia©  | Finasteride  | Prostate enlargement or baldness                                                       |
| Proscar© Finasteride                            | Proscar©   | Finasteride  | Prostate enlargement or baldness                                                       |
| Soriatane© Acitretin                            | Soriatane© | Acitretin    | Severe psoriasis                                                                       |
| Sotret® Isotretinoin                            | Sotret®    | Isotretinoin | Severe acne                                                                            |
| Ticlid® Ticlopidine                             | Ticlid®    | Ticlopidine  | Conditions with risk of clot formation                                                 |
| Tegison© Etretinate                             | Tegison©   | Etretinate   | Severe psoriasis                                                                       |
| Unlicensed vaccines                              |            | Not applicable | Testing in research protocol trials                                                    |

### Why We Ask About These Medications

To learn about why these medicines affect you as a blood donor, please keep reading:

- **Proscar, Propecia, Avodart, Accutane, Amnesteem, Claravis, Sotret, Soriatane, and Tegison** can cause birth defects. Your donated blood could contain levels high enough to damage the fetus of a pregnant transfusion recipient. Once the medication has been cleared from your blood, you may be able to donate again. Following the last dose, deferral periods are as follows:
  - Tegison: permanent
  - Soriatane: three years
- **Avodart**: six months
- **Proscar, Propecia, Accutane, Amnesteem, Claravis, Sotret**: one month

- **Plavix**, like aspirin, inhibits platelet function. If you are taking Plavix, you may donate whole blood or double-red cell products. However, there is a 14-day deferral on platelet apheresis starting the day after your last dose.

- **Ticlid** inhibits platelet function. If you are taking Ticlid, you may donate whole blood or double-red cell products. However, there is a 14-day deferral on platelet apheresis starting the day after your last dose.

- **Clotting factor concentrates** made from human plasma (not recombinant) are used to treat bleeding disorders. Different bleeding disorders require different clotting factors. Some clotting factor concentrates derived from human blood have presented a risk of HIV and hepatitis infection. The deferral period is permanent for donors who have received clotting factor concentrates for genetic deficiencies. Sexual partners of clotting factor concentrate recipients may also be deferred.

- **Growth hormone from human pituitary glands** was prescribed for children with delayed or impaired growth. The hormone was obtained from human pituitary glands, which are found in the brain. People who took this hormone have a risk, although very small, of developing a disease of the nervous system called Creutzfeldt-Jakob Disease (CJD), which can be transmitted through blood transfusion. The deferral period is permanent.

- **Hepatitis B Immune Globulin** (HBIG) is an injected material used to prevent infection following an exposure to hepatitis B. HBIG does not prevent hepatitis B infection in every case, therefore persons who have received HBIG must wait 12 months to donate blood to be sure they were not infected because hepatitis B can be transmitted through transfusion to a patient.

- **Insulin from cows** (bovine, or beef, insulin) is an injectable material used to treat diabetes. If this insulin was imported into the United States from countries in which “Mad Cow Disease” has been found, it could contain material from infected cattle, which may result in variant Creutzfeldt-Jakob Disease (vCJD) transmission through transfusion. The deferral period is permanent.

- **Unlicensed vaccines** are usually associated with research protocols, and the effect on blood transmission is unknown. If you have taken an unlicensed U.S. vaccine, the deferral period is one year. An unlicensed non-U.S. vaccine may contain transmissible or other noxious agents. If you have taken an unlicensed non-U.S vaccine, the deferral is permanent.

### Antibiotics and Active Infections

If you have an active infection, we ask that you wait to donate until the infection has passed.

An infection may exist in your blood stream and adversely affect a patient who receives your blood. If the infection is topical only, meaning that it’s limited to your skin, hair, eyes or ears, then you may be able to donate. We will ask you about infections during your donor interview. Please discuss any infection you have with our Donor Services staff.
Your Travel History

Blood donor tests may not be available for some contagious diseases that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate. If you have traveled extensively, it may help if you bring your passport with you when you donate.

Travel Risk associated with Malaria and Leishmaniasis

We will ask you about traveling you’ve done in the last three years. Please tell us about your travel history so that we can assess your risk for exposure to malaria and leishmaniasis, as both diseases can be transmitted through blood transfusion. Areas of Central & South America, Africa, Southeast Asia, Mexico, and other tropical areas may pose a risk of malaria. Travel to Iraq may pose a risk of leishmaniasis.

Note that you can refer to our website for a complete list of countries that have malaria risk.

Variant Creutzfeldt-Jacob Disease (vCJD) and European Travel

The U.S. Food and Drug Administration (FDA) recommends that certain persons be deferred from blood donation because they have traveled to or resided in certain countries.

<table>
<thead>
<tr>
<th>Time period</th>
<th>Country(ies)</th>
<th>Total Time Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980 to 1996</td>
<td>United Kingdom (U.K.) countries/territories, including England, Scotland,</td>
<td>3 months or more</td>
</tr>
<tr>
<td></td>
<td>Wales, Northern Ireland, Isle of Man, Channel Islands, Gibraltar, or the</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Falkland Islands</td>
<td></td>
</tr>
<tr>
<td>1980 to 1996</td>
<td>U.S. military bases in Greece, Italy, Portugal, Spain or Turkey</td>
<td>6 months or more</td>
</tr>
<tr>
<td>1980 to 1990</td>
<td>U.S. military bases in UK, Belgium, Germany or the Netherlands</td>
<td>6 months or more</td>
</tr>
<tr>
<td>1980 to present</td>
<td>Europe (see list on next page)</td>
<td>5 years or more</td>
</tr>
</tbody>
</table>

If you lived in or traveled to these countries during the time period listed above, you should not be alarmed about your health, but you will not be able to donate blood. We do not believe it necessary for you to see your doctor as a result of this deferral.

The FDA has taken a very conservative approach to ensure that an unusual and very rare disease, variant Creutzfeldt-Jakob disease (vCJD), does not affect the U.S. blood supply. vCJD is extremely rare and causes infection in persons who ate beef with the disease bovine spongiform encephalopathy (BSE) or “Mad Cow Disease.” To date, the disease appears to be confined to residents of Europe, particularly England and other U.K. countries.

There is no evidence that U.S. travelers to the U.K. or other parts of Europe, even those who may have eaten beef while traveling there, have become infected. Even in infected persons, there is very little evidence that the agent that causes vCJD can be spread via blood transfusion. However, until more research is completed, the FDA requires this precautionary measure.
# Countries in Europe

This list includes European countries that have been identified by the FDA as risk for variant Creutzfeldt-Jakob Disease (vCJD). Donors who have traveled to or lived in these countries may be ineligible to donate blood.

<table>
<thead>
<tr>
<th>Country</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albania</td>
<td>Italy</td>
</tr>
<tr>
<td>Austria</td>
<td>Liechtenstein</td>
</tr>
<tr>
<td>Belgium</td>
<td>Luxembourg</td>
</tr>
<tr>
<td>Bosnia/Herzegovina</td>
<td>Macedonia</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>Netherlands</td>
</tr>
<tr>
<td>Channel Islands (U.K.)</td>
<td>Northern Ireland (U.K.)</td>
</tr>
<tr>
<td>Croatia</td>
<td>Norway</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>Poland</td>
</tr>
<tr>
<td>Denmark</td>
<td>Portugal</td>
</tr>
<tr>
<td>England (U.K.)</td>
<td>Romania</td>
</tr>
<tr>
<td>Finland</td>
<td>Scotland (U.K.)</td>
</tr>
<tr>
<td>France</td>
<td>Slovak Republic (Slovakia)</td>
</tr>
<tr>
<td>Germany</td>
<td>Slovenia</td>
</tr>
<tr>
<td>Gibraltar (U.K.)</td>
<td>Spain</td>
</tr>
<tr>
<td>Greece</td>
<td>Sweden</td>
</tr>
<tr>
<td>Hungary</td>
<td>Switzerland</td>
</tr>
<tr>
<td>Ireland (Republic of)</td>
<td>Wales (U.K.)</td>
</tr>
<tr>
<td>Isle of Man (U.K.)</td>
<td>Yugoslavia</td>
</tr>
<tr>
<td>(Located east of Ireland)</td>
<td>(Includes Kosovo, Montenegro, and Serbia)</td>
</tr>
</tbody>
</table>

## Countries/Territories in the United Kingdom (U.K.):
- England
- Scotland
- Wales
- Northern Ireland
- Isle of Man
- Channel Islands
- Gibraltar
- Falkland Islands

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Map of Europe showing the countries listed above.
**Pregnancy**

If you are a woman, we will ask you two questions about pregnancy.

First, we will ask if you were pregnant within the last six weeks (or are pregnant now). If you are currently pregnant or have been recently pregnant, you should not donate blood for at least six weeks. This is to protect your health.

Then, we will ask if you have ever been pregnant and, if yes, how many times. Your pregnancy history will help us determine if additional laboratory testing is needed to ensure that all components of your blood are safe to transfuse. It is known that a normal pregnancy (whether the mother delivers or the pregnancy ends early) can cause the woman to develop antibodies to the fetus. Those antibodies remain in the woman’s blood for a long time; they are specifically carried by the woman’s plasma. Multiple pregnancies increase the likelihood that a woman will develop these types of antibodies. These antibodies have no affect on the woman’s health, but when transfused to another person, they may cause an adverse reaction. There are tests that can determine the presence of these antibodies. By performing these additional tests on a woman’s donated blood, we can identify components from the donated blood unit that are safe for patient use. We may also use this testing information to advise a woman to donate a specific donation type, such as whole blood instead of platelet apheresis or plasma.

**Cancer**

Donors with a history of cancer must be evaluated and deemed eligible to donate. If you have had leukemia or lymphoma, you are not eligible to donate. Donors with other types of cancer are acceptable, provided they are not currently undergoing treatment.

**Viral Hepatitis**

We will ask about your hepatitis exposure. Hepatitis is transmittable by blood. Donors who have had viral hepatitis after the age of 10 are not eligible to donate blood. Viral hepatitis includes hepatitis A, B, and C.

**Heart or Lung Conditions**

We will ask if you have ever had a heart or lung condition. Donors with a history of diseases of the heart and lungs, including acute lung diseases or colds, must be evaluated. This is to protect the donor’s health. If you have had a heart or lung condition, please consult with our staff.

**Bleeding Conditions or Blood Diseases**

We will ask if you have ever had a bleeding condition or blood disease. Donors with bleeding conditions or blood diseases must be evaluated. This is to protect both the donor’s and a potential recipient’s health. If you have had a bleeding condition or blood disease, please consult with our staff.
After you Donate

To protect your safety after donating:

- You must drink about 12 ounces of fluid and eat something before you leave. Do not leave until you feel well and have been released.
- Drink more fluids (non-alcoholic) than usual in the next 24 hours.
- Leave the bandage on for at least four hours to prevent bruising. If the donation site starts to bleed, raise your arm and apply pressure. If a bruise develops, treat it with an ice pack during the first 24 hours. Then, apply heat as needed.
- If you feel faint or dizzy, lie down and raise your feet or sit down with your head between your knees. If this happens while you are driving, immediately pull your vehicle over and lie down if possible; do not attempt to drive until the dizziness passes.
- For the next four hours, do not smoke.
- For the next 24 hours, do not try to lift any heavy objects (including backpacks, purses or briefcases), perform strenuous activities (bowling, basketball, volleyball, swimming, golf, yard work, etc.), perform outdoor or heat-related activities, or engage in critical work where safety requires your maximum abilities.
- If issues persist, call the blood center immediately.

To protect the safety of patients who may receive your blood:

Your health can affect the safety of your blood. To ensure the quality of your donation, please contact LifeSouth if:

- You become ill within two days of your donation.
- You have questions about your donation, or if you remember something about your medical or personal history that may affect the safety of the blood you donated.
- After further consideration, you feel that your blood should not be given to patients.
- You have an injury or complication related to the donation.

To report any of these items, please call 1-866-592-8678.

Any information you share with LifeSouth will remain strictly confidential.
Optimizing your Donation by giving by Apheresis

As stewards of our community blood supply, LifeSouth aims to optimize each donation. This means that we try to select the most desirable donation option based on the donor’s blood type and the type of donation technology available at the donation site. At LifeSouth, the donation site may have several donation options:

<table>
<thead>
<tr>
<th>Donation Option</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole blood</td>
<td>After donation, the blood center divides the whole blood unit into red blood cell, platelet, and plasma components.</td>
</tr>
<tr>
<td>Double Red Cell Apheresis</td>
<td>We collect two red blood cell components. Red blood cells are most often used by patients who experience blood loss through surgery or trauma injury or have chronic anemia.</td>
</tr>
<tr>
<td>Platelet Apheresis</td>
<td>We collect one or more platelet components with or without a concurrent plasma and/or red cell component. Platelets are used most often by patients with leukemia or other cancer patients undergoing chemotherapy. Plasma is most frequently used by burn patients and trauma patients.</td>
</tr>
</tbody>
</table>

What is Apheresis?

Apheresis (pronounced ay-fer-ee-sis) is a Greek word meaning “to separate” or “to take away.” In this process, blood is collected from the donor’s arm and then separated into different components in a special machine designed for this purpose. The needed components are kept and the other components are returned to the donor. This technology greatly enhances LifeSouth’s ability to collect the blood components that are most needed in our community at any given time. Donating blood components through apheresis is just as safe as donating whole blood. Everything used in the process, including the needle, tubing, and blood bags, are sterile and used only once before being discarded.

What type of donation is most needed?

The type of donation most needed depends on the current blood needs as well as a specific donor’s blood type. LifeSouth staff may ask you to donate a specific type of donation based on these two factors. In general, LifeSouth uses these guidelines to select the best donation option for a donor:

<table>
<thead>
<tr>
<th>Blood Group</th>
<th>Optimized Donation</th>
<th>Why?</th>
</tr>
</thead>
<tbody>
<tr>
<td>O</td>
<td>Double Red Cell</td>
<td>Group O is the most common blood type. Red blood cells can be given to most patients, especially O negative, which can be given to anyone. Group O positive donors are asked to donate red blood cells or apheresis platelets depending on the need.</td>
</tr>
<tr>
<td>AB</td>
<td>Platelet and Plasma Apheresis</td>
<td>Donors with group AB plasma are considered “universal plasma donors” because their plasma can be transfused to anyone.</td>
</tr>
<tr>
<td>A or B</td>
<td>Platelet Apheresis</td>
<td>Group A is the second most common blood type, so we most often ask these donors to donate apheresis platelets, which expire 5 days after donation. However, if you are A or B negative, we may ask that you donate whole blood or double red cell apheresis, as patients who are Rh negative must receive Rh negative blood. Therefore, we sometimes have an increased need for A negative and/or B negative red blood cells.</td>
</tr>
</tbody>
</table>

Are these options available today?

Ask our Donor Services staff about the option of donating by apheresis at the donation site today. Also note that double red cell donations have additional requirements; specifically, a donor must meet the minimum height, weight, and hemoglobin levels to donate two red cell components at one time.

If the donation site does not offer apheresis, you can complete an apheresis pledge card. If you complete a pledge card, LifeSouth will contact you when you are next able to donate and try to arrange an appointment for you to come in and donate by apheresis at one of our donor centers.