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CALIFORNIA BLOOD BANK SOCIETY

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Use of educational materials that include information on the possible effects of blood donation on athletic performance

A medical director of a blood collection center in the northern US would like feedback regarding the use of educational materials that include information on the possible effects of blood donation on athletic performance. The inquiring physician wonders if during the donor screening process any questions are **specifically asked to determine if a prospective high school student is going to compete in an athletic event**. In connection with this, if students ask questions regarding the impact of their blood donation on an upcoming athletic competition, **how are the students advised? Are different guidelines used for different sports/events?** Are any guidelines used to advise a prospective high school donor regarding track meets, football practices, etc, on the day of donation or the following day? The inquiring colleague acknowledges that at their own facility, the staff **do not ask** specific questions about athletic involvement at the time of donor history, they only provide general information advising against doing strenuous activity the day of donation, and advise against heavy lifting or pushing, and encourage hydration, etc. They **give no information on specific effects of donation on athletic performance**.

ADDENDA June 16, 2008

1. **A colleague who works at a blood center** belongs to a **local gym**. When people at the gym learn where she works, they often ask her if they should donate at the blood drives that the gym sponsors. Especially if they are **training for an event like a marathon**, she tells them that it **would not be a good idea until after the event**. She also tells them that she appreciates their desire to be a blood donor and she thinks they appreciate her honesty. She think this is a common question and not just at high schools.

Please submit comments to the [e-Network Forum](#).

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