



- **What should be taken care of before donating blood?**

<b>Age:</b>	Between 18 & 60 years
<b>Weight:</b>	45 kg or more
<b>Pulse:</b>	60 to 100 beat per minute & regularly
<b>Blood Pressure:</b>	Systolic 100 to 180mm of mercury Diastolic 50 to 100mm of mercury
<b>Haemoglobin:</b>	Minimum 12.5gm/dl
<b>Oral temperature:</b>	Not exceeding 37.5C

- **Any side effects of Blood donations?**

No! Not really, a small percentage of first time donors may psychologically feel a little dizzy but only for a few minutes. Our blood bank staff will ensure that your first blood donation is a happy experience. We are sure this will make you a regular blood donor.

- **Will I feel weak if I donate Blood?**

No. You have 5 liters of blood in your body. Only 450ml blood is collected which is made up by our body system within 24 hrs to 36 hrs in quantity & 2-4 weeks in quality. You can return to your work immediately.

- **What are the Benefits of Donors of Blood Donation?**

**Health Benefits**

Regular donation (2-3 times a year)

Lowers cholesterol

Lowers Lipid levels

Decreases incidence of heart attack/strokes





- **What all investigations you test my blood for?**

Your blood is tested for HIV Virus (AIDS), Hepatitis B & C virus (Jaundice) Malaria Parasite, syphilis & also blood groups. This lab ensures highest level of blood safety to each unit of Blood.

- **Why one should donate Blood?**

1. Donate blood to save human life.
2. It is the service to the community & is a sense of moral & social duty.
3. It is the highest form of charity & it is the one which can bind the society regardless of class, race, & colour/religion.

- **What should I eat after blood donation?**

Drink some liquid like tea, cold drink, juice etc. to replenish fluid & eat some light snacks before donation which makes you psychologically more comfortable.

- **What does a blood bank do?**

It collects blood, processes it in its components, tests for any possible disease, stores blood components at optimum temperature & gives these to the needy patients after cross matching.

- **What exactly happens during blood donation?**

Giving blood is a very simple & straight forward process. On arrival at a blood drive, you will be asked to fill a few details on a donor form. Your medical history will be taken by medical personnel in an area which provides adequate privacy. We routinely take a small drop of blood to ensure that you aren't anemic. After you pass this simple medical screening process, you will be led to a blood donation area. The actual blood donation takes about 10 minutes followed by a little rest & refreshments.





- **Can I go back to work/play/go to gym/exercise after blood donation?**

Blood donation does not interfere with any of your routine activities. You can go back to normal desk work except in case of those working at heights (like construction workers/pilots etc) avoid rigorous use of arm like playing tennis/exercising at gym atleast 2-3 hours after donation as this can cause bleeding from the site of puncture.

- **How frequently can I donate Blood?**

Males every 3 months

Females every 4 months

- **Why should I become a regular blood donor?**

As you know, blood is a life saving medicine, which works wonders in certain medical treatments, and life threatening situations. It is an emergency medicine. Our society is today threatened by scarcity of blood. **The only source of blood right now is human being.**

- **Is it true that my health will deteriorate after I donate blood?**

This is absolutely not true in fact donating blood reduces your chances of developing heart disease & prevents excess iron from accumulating in the body.

- **How much blood can I donate?**

Eligible donors (18 to 60 years of age & leading a healthy life) with weight above 50 kgs can donate upto 450ml of blood. Your body can replenish this volume within 24 hours

- **Donating blood is a painful procedure?**

Donating blood involve a needle prick, but it is not a painful procedure. One only feels a momentary discomfort when the needle pricks the arm.





- **Can I donate blood if I smoke regularly?**

Yes, but abstain from smoking 1 hr before & after blood donation.

- **Can I get disease like AIDS or Hepatitis or any other disease by blood donation?**

Only sterile disposables are used to collect your blood. These disposables can be used only one time. This totally eliminates any remote chance of catching any disease from blood donation.

- **Does Regular blood donation may lead to obesity?**

Donating blood does not affect your body weight. However some people, after blood donations eat more food than normal & avoid exercises which may cause weight gain.

- **Can Donating blood frequently fluctuate my blood pressure & blood sugar?**

Blood Pressure & sugar levels do not fluctuate provided pre donation values are within normal limits. A diabetic patient on insulin cannot donate blood.

- **Heavy people are healthier & have more blood to give.**

Being overweight makes people less healthy.  
Overweight people do not have more blood.

### **Post Donation Care**

#### **Care that a donor should take after donating blood.**

- Eat & drink something before leaving blood bank.
- Drink more liquids than usual in next 4 hour.
- Avoid consuming alcohol until you have eaten something.
- Don't smoke for next 30 minutes.
- Avoid climbing steps for next 30 minutes.





- If there is bleeding from the phlebotomy site, raise the arm & apply pressure.
- If fainting or dizziness occurs, either lie down or sit with the head between the knees.
- Resume all normal activities if no symptoms occur.
- Remove bandage next day.

Be a regular Blood Donor  
Donate Blood & save Life

