



BLOOD DONATION

EDUCATIONAL MATERIAL



MAKING YOUR BLOOD DONATION SAFE

ABOUT BLOOD DONATION

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WHO CAN DONATE BLOOD

- Any healthy person > 18 yrs. (Upper age limit is 60 yrs for first time donors & 65 yrs. for regular donors)
- Body weight > 45 kg
- BP- Systolic 100-140mmHg, Diastolic 60-90mmHg
- Pulse 60-100 beats/minute
- Temperature $\leq 37^{\circ}\text{C}$ / 98.4°F
- Haemoglobin $\geq 12.5\text{g/dl}$

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HOW MUCH TIME IT TAKES TO DONATE BLOOD?

Total time is 30-40 minutes of which blood collection time is 8-10 min.

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HOW DO I DONATE BLOOD?

• Check Eligibility

You should be at least 18 years old, weigh at least 45 kg, and be generally healthy. You should also inform the blood bank of any health concerns.

• Registration

• Get your vitals and haemoglobin checked

• Blood collection (350 ml if < 55 Kg and 450 ml > 55kg weight of donor).

Donor Registration Form has a **Self-Exclusion Questionnaire** which means if you think that your blood may not be safe for patient for any reason (no need to disclose the reason), you can exclude yourself from donation.

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WHAT IS RISK BEHAVIOUR?

- Multiple sex partners or more than one sex partner in the last six months.
- Men who have sex with other men, paid sex or sex with unknown person.
- People taking intravenous drugs and any other form of illegal & illicit drugs.
- People having sexually transmitted disease such as syphilis or gonorrhoea etc.
- Known status of HIV, Hepatitis B, Hepatitis C infection

Everything that you discuss with our staff is confidential and without judgement.

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FREQUENTLY ASKED QUESTIONS

1 How often can I donate blood?

Males can donate blood every 3 months and females every 4 months.

2 Where can I donate blood?

You can donate blood in any licensed Blood Centre such as ours.

3 Is it safe to donate blood?

Yes, absolutely safe. Volume of the blood donated is recovered in 6-12 hrs. Blood bag used for donation is sterile and is for one time use only. So you cannot get AIDS or any infection by donating blood.

4 What happens to my blood after blood donation?

A sample from the collected Blood Unit undergoes a large number of tests such as Blood group & Antibody screening, HIV, Hepatitis B and C, Syphilis and Malaria. However, the tests may not detect early stage of infection, which is the **Window period**. That is why we expect the donors to give all details truthfully.

All test results are confidential and will remain between the donor and blood centre

Post Donation Care

- Drink plenty of fluids
- Avoid heavy weight lifting, gym, driving heavy duty vehicle, piloting aircraft for the next 24 hours
- Do not smoke or take alcohol for 24 hours
- Remove band aid after 30 minutes (check for allergy)
- Don't give frequent jerks to hand till the clot is formed

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INDICATIONS FOR BLOOD COMPONENT TRANSFUSION & POSSIBLE BENEFITS

Each unit of PRBC/FFP/RDPC is processed out of one unit of the blood donated by a donor

Components	Uses
Red Blood Cells (PRBC)	Increase oxygen carrying capacity in patients with anaemia
Platelets (RDPC/SDPC)	Used to stop/ prevent bleeding due to low platelet count
Fresh Frozen Plasma (FFP)	Used to treat bleeding due to coagulopathy/inadequate coagulation capacity
Cryoprecipitate (Cryo)	Used to treat bleeding due to hypofibrinogenaemia/low levels of fibrinogen

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ALTERNATIVES FOR BLOOD TRANSFUSION

- Pharmacological agents- Iron supplements, Vitamins, Colony stimulating factors etc.
- Peri-operative autologous blood donation (PAD)
- Acute normovolemic hemodilution (ANH)
- Intraoperative blood recovery/salvage

Transfusion among first degree relatives is avoided due to risk of TAGVHD (Transfusion Associated Graft Versus Host Disease), only in special circumstances, blood can be given after irradiation.

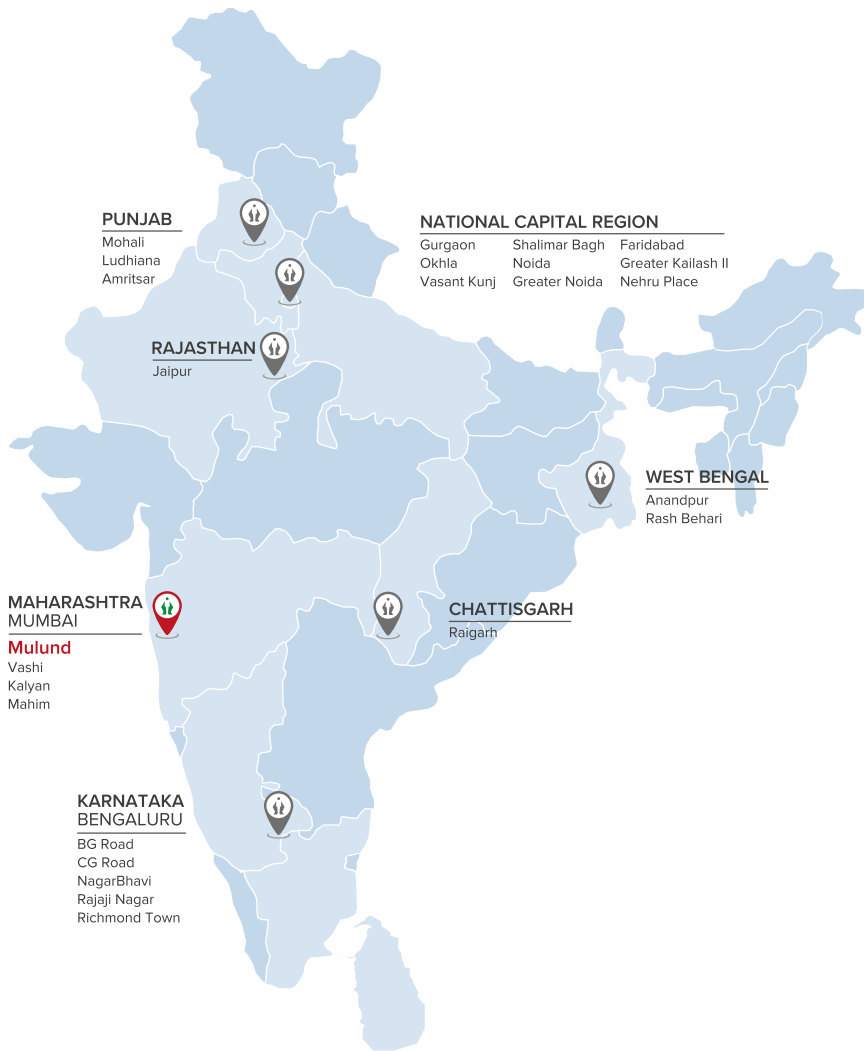
Besides the whole blood donation criteria, the following is required

1. Avoid Aspirin/ Dispirin for 72 hours before the procedure
2. Weight: >55kg
3. Blood group compatible (matching)
4. Platelet count >1.5 lakhs
5. Female donors with history of child birth/Abortion (as a preventive measure for TRALI-Transfusion related acute lung injury) are not accepted as the Platelet Apheresis donor.
6. Frequency of platelet donation
 - 48 hrs after platelets/ plasmapheresis/ leucapheresis (1 week gap preferred) not more than twice/week and not more than 24 times a year
 - If the donor red cells cannot be returned during an apheresis procedure, he/she should be deferred for 12 weeks
 - Should not have donated whole Blood within last 28 days
7. Time taken for the Platelet Apheresis- 3-4 hrs (Donor Screening 1-2 hrs, Procedure time 1-1.5 hrs) (Exception - During Dengue season time may increase).
8. Avoid fatty food and citrus fruits 2 hrs before and after procedure.

Please Note:

The processing charges for blood will be charged to patient irrespective of whether or not the donor donates blood for that patient. The processing charges are framed as per the norms set by SBTC Maharashtra.

THE FORTIS HOSPITAL NETWORK



Fortis Hospital, Mulund

Mulund-Goregaon Link Rd, Mulund (W), Mumbai 400 080

Appointment No.: **022 4365 4365** | Emergency No. : **022 4111 4111**

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