

Blood Donation

A Genuine Need !!

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- Every **2 ½ seconds** someone needs a blood transfusion?
- **1 out of 3 people** will need a blood transfusion in their lifetime?
- 1 unit of donated blood can save **up to 4 lives**?

**People who need blood transfusions are people you know.
Your family and friends.
And sometimes YOU!**



Blood banks need to keep blood on their shelves in advance of the need.



- **36-48 hours** to perform at least 10 tests to ensure it is safe to transfuse.
- **TOO** long in emergencies!

People need to be given blood

Accident victims

Cancer patients

Premature infants

Sickle cell patients

Surgery patients

And MANY others



Myths about blood donation

- Blood donation is one of the noblest works. But, in spite of the various reasons, for donating blood and encouraging others to do it, there are only few who actually do it.
- Need of the hour is to make people aware about the facts and myths regarding blood donation. So that people can contribute by without any fear or doubt.

Myths Vs Facts

Myths

- Blood donation leads to weakness.
- Blood Bank is a commercial and profit making activity.
- Women and girls cannot donate blood.

Myths Vs Facts

Facts

- Blood donation never leads to weakness it moreover brings in new energy.
- According to the NOC issued by the Government of India, government hospitals can take blood from any licensed Blood Bank.
- Blood Bank is completely a no profit, no loss service.
- Any healthy person, weighing more than 45 kgs. and in the age group of 18 to 60 can donate blood irrespective of their gender.

Importance of blood donation

- Your blood could save a baby, a child, a mother, a father, a grandfather or a grandmother.
- You can know your health status.
- Donation helps to stimulate bone marrow to produce new cells.
- Donation reduces the chances of IHD by reducing the accumulate iron from the body
- One cannot make blood, it is a **gift we all have inside of us** to give to those who are injured, sick, or in need. Those are the best reasons to donate blood.
- **Not everyone can save a life. But you have an opportunity to. Don't waste it.**

Who can donate the blood?

- Age :18-60 years of age
- Weight :45 kg or above
- with normal pulse rate, body temperature and blood pressure .
- Haemoglobin more than 12.5gm
- Both men and women.

Those who cannot donate blood

- History of epilepsy,
- Psychotic disorders
- Abnormal bleeding tendencies
- Severe asthma
- Cardiovascular disorders
- Malignancies
- On hormone or steroid therapy

Temporary deferral

- Donors suffering from disease like hepatitis, malaria, measles, mumps, and syphilis may donate blood after full recovery with 3-6 months gap.
- People who have undergone surgery, blood transfusion may safely donate blood after 6-12 months .
- For woman donors who are pregnant or lactating blood is not taken as their iron reserves are already on the lower side.

How much blood can be taken?

- Our body has 5.5 litre of blood of which only 350 ml - 450 ml of blood is taken depending upon weight of donor.
- Majority of healthy adults can tolerate withdrawal of one unit of blood.
- The withdrawn blood volume is restored within 24 hours and the hemoglobin and cell components are restored in 2 months.
- Therefore it is safe to donate blood every three months.

Useful information to donors

- Universal Donor: O- (negative) group
- Universal Receiver: AB+(positive) group
- Life of Blood Storage:
 - Whole Blood : 35 Days
 - RBC: 42 Days
- While receiving blood you should take care of the expiry date of the blood and the blood group which are mentioned on Blood Bag.

Instructions to blood donors before blood donation

- Take light refreshment / food before blood donation. (2 hours before)
- Any healthy person, from the age of 18 years to 60 yrs with a weight of 45 kgs and above can donate blood.
- Women should avoid blood donation during their menstrual bleeding.
- Get enough sleep at night a day before donation.
- One must drink fluids (caffeine free) a little more than usual
- Person who has consumed alcohol should NOT give blood for next 24 hours.

Instructions to blood donors after blood donation

- Plaster will be stuck at the venipuncture site, from where blood has been collected.
- After donating blood, do not get up from the bed immediately. Lie down for next 5 minutes. Sit up for sometime and if you do not feel anything unusual, get up and proceed to the refreshment area.
- Please keep the arm of blood donation raised for 10 minutes with firm pressure at the site of donation.
- After blood donation, Please go to the refreshment room and have the refreshment.
- Your blood donation card, mentioning your blood group will be issued to you at the Camp spot.

Instructions to blood donors after blood donation

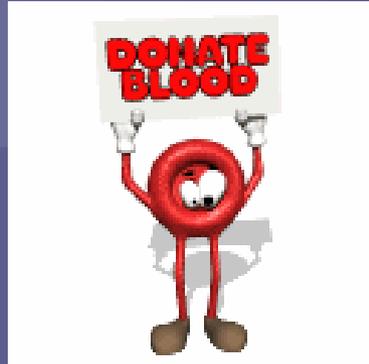
- Your blood will be tested for HIV 1 & 2 Ab, HBsAg, HCV Ab, MP & VDRL.
- After blood donation:-
 - Drink plenty of liquids for the whole day.
 - Eat well and do not remain hungry.
 - Do not smoke for half an hour.
 - Do not do any heavy exercises on that day.
 - Do not drive any vehicle for 1-2 hours.
 - Do not participate in sports and games on the day of blood donation.
- If there is any bleeding from the place from where blood is collected, apply pressure and raise the arm for a few minutes.

Instructions to blood donors after blood donation

- If there is any swelling or bluish discoloration or pain at the site of blood donation apply ice. The swelling and color will resolve in 2-3 days.
- If you feel giddy or weak after blood donation, lie down with legs elevated or sit down with the head between knees. If the symptoms persist or if there is any other problem, please consult Doctor or Blood transfusion Officer.
- Remove the plaster applied after 5-6 hours.
- You can donate blood again, only after 3 months for (male) and 4 months for (female).

TAKE HOME MESSAGE!!!

Be Healthy, **'Donate Blood'** and
give somebody a **GIFT OF LIFE** .



Please consider becoming a regular blood donor.

And many thanks to all of you who “give the gift of life” by donating blood.

YOU are heroes!