



Donate Blood

Donating blood is a simple thing to do, but it can make a big difference in the lives of others. The donation process from the time you arrive until the time you leave takes about 30 minutes. The donation itself is only about 8-10 minutes on average.

The steps in the process are :

Eligibility

Some conditions may prevent you from donating blood temporarily, while others may permanently exclude you from donating blood. Below are some of the reasons you may not be able to donate today.

- Hemoglobin level is below what's safe for blood donation ie 12.5 gm/dl.
- Blood pressure or pulse is too high or low
- If you are under treatment for a variety of illnesses like cancer, heart disease or certain blood diseases
- Tattoos from a non-licensed / non regulated facility
- Body piercings
- Cold or flu
- Hepatitis
- HIV / AIDS
- Certain international travel
- Organ / tissue transplants
- Pregnancy
- Sexually transmitted diseases
- If you are taking certain medications
- received blood, blood products recently

Before Donating Blood

- Eat something substantial before your appointment.
- You are in general good health.
- Have plenty of liquid the day before donation, especially in warm weather. In the 3 hours before donating, have at least 3 to 4 good-sized glasses of water/juice.





Once you reach Blood Bank / Blood Donation Camp

1. Registration of Donor

Once you arrive at the blood center or blood drive, staff will check you in and provide an overview of eligibility requirements and information on the blood donation process, and our staff will ask you to fill a form with brief information on contact details and medical history.

2. Physical Health check-up

- a. You will be examined by a doctor to answer some questions about your health history.
- b. Your blood pressure ,hemoglobin levels and possibly your pulse will be checked to ensure your safety as a blood donor.

3. Blood Donation

We will cleanse an area on your arm and insert a brand new sterile needle for the blood draw. This feels like a quick pinch and is over in seconds.

- a. The actual donation takes about 8-10 minutes, during which you will be seated comfortably.
- b. When a unit of blood (350 ml) has been collected, the donation is complete.
- c. A staff person will place a bandage on your arm

4. Safety

All equipment are sterile; needles are used only once and then discarded. In the great majority of individuals, a donation of 350 ml is less than 10% of your total body volume and may be given safely every 3 months. Your body keeps on discarding and replenishing blood all the time whether you give blood or not, so this amount is quickly replenished.





5. After Donation

Relax & refresh - You can have something to eat and drink in and relax for about 15-20 minutes before departing. Within 24-48 hours your blood volume is completely restored.

Apart from enjoying our refreshments, other things to help you recover quickly include

- Once the blood donation is complete, please wait for staff to assist you before attempting to rise from the donor bed or chair.
- Follow staff instructions and proceed to the refreshment area for water and snacks.
- Drink plenty of water to ensure proper hydration and remain in the refreshment area for at least 15 minutes.
- Make sure the next meal you eat is healthy , well balanced and fruit juice
- Follow the blood center's additional instructions on how to take care of yourself after your donation.
- Avoid smoking and alcohol for 8 hours after you've given blood.
- Drink plenty of water, fruit juice etc. and avoid alcohol for 8 hours after you've given blood.
- Avoid any strenuous activity or heavy lifting with the 'donating arm' for 24 hours after you've given blood.
- If you become unwell in any way after giving blood, speak to the doctor in-charge straight away.
- Make sure the next meal you eat healthy and well balanced.
- Now that you're finished, don't forget to schedule your next blood donation and enjoy the satisfaction of helping to save a life!

6. Donate Blood Again

- Whole blood donors can give blood again after 3 months.
- Apheresis - platelet donors can give platelet, after 72 hrs if possible.

How often can I give blood?

Men can give blood every 12 weeks and women can give blood every 16 weeks.

Spread the word

Tell your friends, colleagues and family about the wonderful feeling you experience on donating blood and saving lives. Enjoy the feeling of knowing that you helped save precious lives!

