

# **Blood Donation**

A person can donate blood every 90 days (3 months).

Body recovers the Blood very quickly:

Blood plasma volume– *within 24 - 48 hours*

Red Blood Cells – in about *3 weeks*

Platelets & White Blood Cells – *within minutes*

## **Safety Concerns**

To ensure “Blood Safety”,

1-Strict “Pre-Donation selection”

2-“Testing” of collected blood to WHO specified standards

3-Strict “cross-matching” of blood samples to ensure safe transfusion to patient

## **Pre-Donation selection :**

### **1-Registration Required information:**

Name (First name, Father’s name, Last name)

Date and time of donation

Address, Telephone

Sex , Age (date of birth).

Additional identification: Medical insurance no., driving license

Donor occupation

## **2-Donor criteria**

Age: 18 - 60 years

Weight : > 45 kgs

Hemoglobin level: >12 gms/dl for men and 12.5 gms/dl for women

In good health

Temperature :Less than or equal to 37.5°C

Pulse :Between 50-100 bpm

Blood Pressure ;Systolic  $\leq$ 180 mm Hg

Diastolic  $\leq$ 100 mm Hg

General physical examination ,

The donor should not show:

Drug-induced mental impairment

Signs of infection

Skin lesions on arms (IV drug use)

Should appear alert

### 3-Donor Deferral Criteria

Asking questions helps determine the overall suitability of the donor;  
from this, the donor will be:

Accepted –Temporarily- Permanently deferred

Life long	1 year	6 Months
HIV patients.	Surgery	Tattooing or body piercing
Viral hepatitis.	Typhoid	Dental extraction
Jaundice of unknown cause.	Dog bite	Malaria
Malignant tumors.	Unexplained weight loss	Vaccination
Fainting	Continuous low grade fever	
Abnormal bleeding tendency.		
Known HBsAg tests.		
Serious cardiopulmonary disease		

### Female donors cannot donate blood.....

During pregnancy , After delivery for one year and When lactating

### Immunizations & Vaccinations

Acceptable donations if the vaccine was synthetic or contained killed bacteria, virus and they are symptom-free

2 week deferral

Any live attenuated or bacterial vaccine

Measles, mumps, typhoid

4 week deferral

Live attenuated vaccine for German measles or chicken pox

Rabies vaccine

12 month deferral

Smallpox vaccine

Deferral for 21days. Donor could be infectious.

### **Post Donation Advice**

Drink lots of fluids for next 24 hours

Avoid smoking for one hour & alcohol till after a meal

Don't use elevator to go up immediately after donation as it will make blood rush to your feet & make you dizzy!

Avoid highly strenuous exercises & games for a day

If you feel dizzy, lie down & put your feet up. You will be alright in 10-20 mins.

Remove band-aid after 4 hours. If it bleeds, apply pressure & reapply band-aid. If bruised and painful, apply cold-pack 4 to 5 times for 5 mins each. The bruise is due to blood seeping into the surrounding tissue.

It will take a few days to get reabsorbed.

**All the donated blood should be detected for infectious and transmissible diseases. Each unit must be tested for:**

1. Hepatitis B and C viruses (HBV and HCV)
2. Human Immunodeficiency Virus (HIV 1 and 2)
3. Human T-Lymphotropic Virus, Types I and II,
4. Malaria.
5. Syphilis.
6. Cytomegalovirus:

ABO and Rh typing