

Occasional problems with giving blood

Blood donation is a very safe procedure. We use the best techniques available to keep problems to an absolute minimum. However, sometimes a situation may arise during or after giving blood.

A small bruise can sometimes appear after giving blood. It will disappear over a few days. To minimize the chance of bruising, limit the use of the arm from which blood was collected for the first 15 minutes after giving blood. Ideally you should avoid using that arm for heavy work or recreational activities for a period of 12 hours. If you develop a bruise that causes pain or discomfort, paracetamol or applying an icepack may help. If not, please call us for advice.

Bleeding from the needle site

If this happens immediately after giving blood:

- Lift your arm above your shoulder and press on the needle site.
- Sit down and ask for assistance from the collection staff.

You can avoid bleeding by limiting the use of your elbow for about 15 minutes. Be careful when eating or drinking, and when putting on a coat.

Feeling faint or light headed

If you feel dizzy or unwell on the donation chair, please tell our staff immediately. If you feel faint afterwards, sit down (on the ground if necessary). Put your head between your knees for a few minutes and lie down if you need to. Stay sitting for at least 30 minutes or until you feel well again. Drinking fluids can help you feel better too. Do not smoke for at least an hour after giving blood as smoking increases the chance of feeling dizzy or faint.

Pain

On rare occasions a donation needle may come into contact with a nerve or tendon under the skin and cause a sharp pain. If this happens, please tell us immediately.

Fast pulse or tightness in the chest

Very rarely an older donor may develop a faster than normal pulse or a sensation of tightness in the chest. If this happens while giving blood, tell us immediately. If you develop a problem after leaving the hospital then you should contact us, a doctor or another hospital so that it can be assessed. Please also let us know as soon as you can as we are always keen to know when problems occur. The details may help us improve our systems and reduce the likelihood of the problem affecting other donors.



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ស៊ុនយ៉ាឃេរ្យូន

Sonja Kill
MEMORIAL HOSPITAL

Managed by

HOPE
worldwide

Blood Donation

at

Sonja Kill
Memorial
Hospital



Who can donate blood?

If you are between **18-60 years old**; weigh more than **45kg**; have not donated in the last **3 months** for men or **4 months** for women. If you are in relatively good health, didn't have a tattoo within a year and were not living for more than 6 months in UK between 1980 to 1996, please consider visiting our hospital to donate your blood.

Before you give blood

- **Have you had something to eat and drink in the last three hours?**

If not, have something to eat and drink in the Donor Room before donating.

- **Do you have a naturally low blood pressure?**
- **Do you feel faint if you stand up suddenly?**

If so, please tell us.

- **Are you very anxious?** Please let us know and we can help you feel at ease, or you can come back later.
- **Are you allergic to antiseptic or bandages?**

Please tell us and we can make other arrangements.

Registration

If you have decided to donate blood, please contact our Reception desk for registration. You will be asked to fill out a health questionnaire. Please complete this in full including your personal information, address and contact details. Afterwards our staff will guide you to the Donor Room.

Health check

In a private interview we will:

- Check if you have any health issues that could affect the person receiving your blood.
- Check that giving blood will not affect your own health.
- Go over the health questionnaire with you to check:
- You are over 18 years of age.
- That your information is all correctly recorded.
- That you agree to your blood being tested.
- Your hemoglobin level will be checked using a quick finger prick test.

Making the donation

We will then settle you onto a donation chair and check your details again. We must accurately identify you and your donation at this stage so that we can link these to your blood test results.

A tourniquet band will be put around your upper arm to help locate a vein and a skin antiseptic will be applied before a sterile needle is inserted.

The needle will feel like a pinch or mild sting. After this, the donation process is normally pain-free and usually takes about 10 minutes.

During the collection process the blood flow is regulated by opening and closing your hand on a rubber 'squeezer'. If you do feel any pain or discomfort please tell us immediately.

A new needle and collection bag is used to collect each blood donation. Needles and bags are never reused. After donating around 350mL of blood, the pressure cuff is deflated and the needle removed. The phlebotomist will ask you to press on your vein with a temporary pressure pad and then a protective pad similar to a bandage will be applied.

Now you can relax

After you have rested on the donation chair for a further 5 minutes you will receive drinking liquids to help replace the blood you've just given, so please choose a drink from the available refreshments and have something to eat.

You must wait another 10-15 minutes before leaving so that your body can adjust from giving a blood donation.

Now you're free to go

A card with your donation code and blood group on it will be given to you after the donation is collected. If you become unwell in the next 48 hours with any infection, diarrhea or other illness, or if you remember any medication or personal circumstances where not mentioned please call one of the following numbers:

Reception 012-345-678

Donor information 010-293-975

Health issue (Emergency) 012-345-680