

FAQs about blood donation and utilization

Why do you promote voluntary blood donation?

Voluntary blood donation is the foundation for a safe, adequate and sustainable blood transfusion service. It ensures that when somebody falls ill, somebody meets with an accident or when a child is to be born, rich or poor, blood is available to save them.

The World Health Organisation (WHO) research shows that Voluntary donation is associated with a lower prevalence of HIV, Hepatitis and so on. This is because the replacement donor may not answer questions related to health and risk behaviour truthfully.

Who is eligible to donate blood?

Anyone between the 18 to 65 years of age, over 45 kg weight and in good health can donate blood

You should not donate on an empty stomach.

You can donate once in three months. Plasma is replenished in 24 hours and Red cells in 21 days but it takes three months for Iron stores to be replenished.

Eligibility and Deferral Criteria:

In order to ensure both donor and patient safety we have criteria for eligibility to donate and reasons for deferral. Read the health questionnaire which details the criteria and answer truthfully.

Donor Eligibility Criteria

- Healthy, physically fit and mentally alert
- Age 18 to 65yrs Weight > 45kg
- Have a meal within 4 hours prior to blood donation. But avoid a heavy meal within 1 hour prior to donation.

Table "Criteria for Temporary Deferral"

<i>Condition</i>	<i>Deferral time</i>	<i>Condition</i>	<i>Deferral time</i>
1. Typhoid	1 year	16. Vaccination:	2 weeks
2. Jaundice or close contact with patient with jaundice.		• Cholera	
3. Dog bite/ Rabies vaccination		• Diphtheria	
4. Blood Transfusion / Inj. Immunoglobulin	5 years	• Tetanus toxoid	
5. Major Surgery		• Typhoid	
6. Tuberculosis		• Plague	
7. Malaria		For Women:	

8. Dental extraction / Root canal treatment 9. Minor Surgery 10. Blood donation	3 months	1. Pregnancy and breast feeding	During pregnancy & for one year after delivery
11. Tattoo or body piercing 12. Dengue Fever 13. Multi-partner sex	6 months	2. Abortion	6 months
14. Aspirin intake	72 hours	3. Menstrual periods	During periods
15. Platelet-pheresis	48 hours		

Table "Criteria for Permanent Deferral"	
1. Uncontrolled High Blood Pressure. 2. Insulin-dependent Diabetes 3. Endocrinal disorder 4. Blood disorders. 5. Cancer 6. Epilepsy, convulsions 7. Severe Heart, Kidney, Liver disorders 8. Polycythemia vera	9. Mental disorder 10. Severe allergic disorder 11. Ever tested positive for HIV/AIDS Hepatitis B, Hepatitis C 12. Risk factors for HIV/AIDS: <ul style="list-style-type: none"> • Give or accept money or drugs for sex • Intravenous drug abuse • Have unprotected, anal, vaginal or oral sex with multiple partners, strangers or with anyone with the risk factors listed above.

What happens during blood donation?

Registration and Medical checkup

You will have to complete a donor registration form that includes your name, address, Telephone number, email and a few other details.

You will have to answer the health questionnaire

You will go through a simple medical checkup including weight, blood pressure, and pulse.

A drop of blood will be taken from your finger tip to test for Hemoglobin level

If you pass the eligibility criteria based on the health questionnaire and medical checkup, you can proceed to a donor chair to donate blood.

Blood Collection

Your arm will be cleaned with antiseptic. The needle of the blood bag will be inserted in the vein in your arm and blood will start flowing into the bag.

If you weigh 45 kg to 50 kg, 350mL of blood will be collected and if you weigh more than 50 kg it is 450 mL

After the blood collection is over, you will have to rest for about 5 minutes.

You will then be given some light refreshment and your donor card.

While the actual blood collection takes only 5 to 7 minutes, the registration, medical screening, post donation refreshment etc is around 20min. For apheresis (platelet) collections, the entire process takes about two hours.

Is it safe to donate blood? Will I have any problems after donating blood and do I need to take any special care?

Donating blood is very safe and simple. We use only sterile disposable blood bags and needles.

While occasional adverse reactions like giddiness, bruising at the blood donation site can occur, these are usually mild and managed easily.

Very rarely there could be a more serious reaction, especially if the donor has omitted to mention a medical condition by oversight.

There is a slight but bearable pain when the needle is inserted in your ar. **BUT IF THE PAIN IS MORE, THERE ARE PINS AND NEEDLE, GIDDINESS OR ANY OTHER UNPLEASANT SENSATION, TELL THE NURSE AT ONCE.** The blood collection will be stopped and suitable medical measures will be initiated.

Read the post donation reaction information carefully, Have more fluids than normal for a day; do not smoke or chew tobacco for 30 minutes; and avoid strenuous physical exertion and sports, lifting heavy weights or pulling with the donation arm for at least 24 hrs. Do not hesitate to contact the blood bank if you have any problems or questions.

Post Donation Advice

1. Drink plenty of fluids for the next 24 hr.
2. Avoid smoking for 1 hr. & alcohol till after a meal.
3. If you feel dizzy, lie down & keep your feet up on a pillow / cushion. You will feel all right in 10 to 20 min.
4. Avoid highly competitive exercises or work at a height for 12 hr.
5. Remove the band - aid after 4 hr. If there is bleeding, apply pressure with a finger till it stops Reapply a band - aid if necessary. If there is bruise and pain apply cold pack 4 to 5 times, for 5 min. each time. The bruise is the result of blood, which has seeped into the surrounding tissue. This will take a few days to get re-absorbed.

What happens to the blood that I donate?

Your blood is tested for HIV, Hepatitis B & C; Syphilis and Malaria. If it is found reactive the blood is discarded.

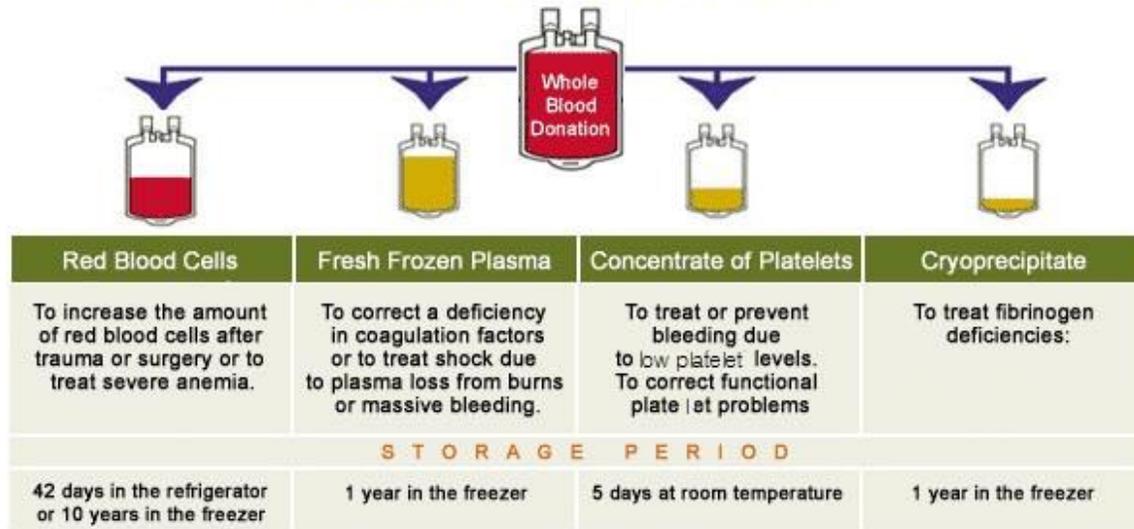
The Blood Group is determined.

The blood is separated into its components - red blood cells, plasma, platelets, and cryo-precipitate, to ensure the rational and optimum use of this precious, life-saving commodity.

Each component can be transfused to different individuals with different needs.

Therefore, each donation can be used to help save as many as three lives.

The potential of HUMAN BLOOD



Patients in and around Bangalore benefit from your donation, We also have some patients coming to BMST blood bank from other districts of Karnataka as well as neighboring States. They include: premature babies, pregnant mothers, cancer patients, hemophiliacs, accident victims, people undergoing various surgeries or transplants, and many others. 40% of the Blood that collected us is given free to Government Hospitals and poor patients. Thalasemia patients get regular monthly blood transfusion throughout life, totally free at BMST

What is the universal blood type?

O Positive and O Negative Red Blood Cell components are considered as universal blood type because it can be transfused to patients of any other blood type.

Do you charge for issuing blood?

We don't. The blood itself is free. A processing fee as prescribed by the Government is charged by the blood center to the patient to cover the cost of collecting, blood typing, testing, storing and distributing the blood.

What should I do if I ever need blood?

Call Anupama 9008992192

How much blood do I have in my body?

As a general rule, we have approximately 5-6 Litre of blood.

What is Aphaeresis?

Aphaeresis is a procedure during which the blood goes into the aphaeresis machine inside a series of tubing. The centrifuge in the machine separates the blood into different components. The selected component, Single Donor Platelets for instance, is collected into a bag. The rest of the blood is returned back to the donor. This procedure usually takes one to two hours. It is a safe procedure. The acceptance criteria for Apheresis donation is the same as for regular, Whole Blood donation. But the donor has to be at least 55Kg weight

Apheresis platelet donors can donate more frequently - as much as twice in one week and up to 24 times a year