



Safe Blood Donor

Frequently Asked Questions

What will my blood be used for?

- Donated blood saves lives. Blood can be separated into red blood cells, plasma and platelets.
- Whole blood is used in cases of severe blood loss during surgery, trauma or for exchange transfusion in infants.



How will I feel after my blood is collected?

- Regular donors usually feel fine. Most donors suffer no side-effects, especially if they drink enough fluids in the four hours after donation.



How much blood will I donate?

- You will donate approximately 450ml of blood. Approximately less than half a plastic bottle water



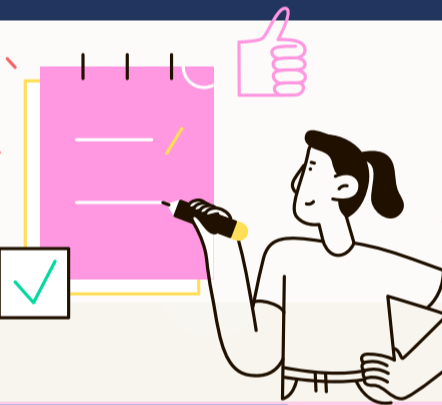
What are the benefits of blood donation?

- Regular blood donation is linked to lower blood pressure and a lower risk for heart attacks.



What is required of me before blood donation?

- You are only required to fill a blood donor questionnaire to determine your eligibility to donate



How long does the process of donation take?

- A whole blood donation takes about 8-10 minutes, during which you'll be seated comfortably or lying in a reclining chair.



Can Women donate blood?

- Yes, Donors must weigh at least 50kgs and be in good health. Additional eligibility criteria may also apply.
- A brief medical screening is done to determine whether you are able to give.
- Women who are breastfeeding are advised to wait nine months after giving birth or three months after the baby is weaned before the mother starts giving blood again per World Health Organization recommendations.

How often can I donate blood?

- You must wait at least eight weeks (56 days) between donations of whole blood.
- The frequency of blood donation varies among men and women, but typically it is advised that men donate blood every 8-12 weeks (2-3 months) and women every 16 weeks (4 months).
- Donors over the age of 66 years are restricted to donate 4 times a year, preferably with intervals of 3 months between donations.

Are there any side effects of donating blood?

- Most people feel great. By drinking fluids and eating salty snacks before and after, you will maintain your blood volume and improve your donation experience.
- You can then return to your normal activities such as work and school. Avoid strenuous exercise for six to eight hours following your donation. And don't forget to keep on drinking extra fluids for the next 24 hours.
- Common side effects are mild and may include dizziness, or lightheadedness, immediately following donation. This is completely normal and nothing to be alarmed about. Serious side effects are rare.

Is donating blood Safe?

- Yes, donating blood is safe. Sterile, disposable equipment is used for each donation, and strict protocols are followed.

Does donating blood hurt?

- Most donors experience only minor discomfort during the needle insertion, and any pain is generally brief.

Can I get HIV/Aids from donating blood?

- Absolutely not because all needles and equipment are new, sterile and disposable. All needles are sealed and used only once.

How long will my body take to replenish donated blood?

- The human body replaces the blood volume **within 24 hours**. Red blood cells are replaced by the bone marrow within 3 to 4 days. The lost iron is replaced after about 6 to 8 weeks.

