

ABU DHABI BLOOD BANK- SEHA

You Can Donate If You:

- Are in good health and not under a doctor's care for any serious problem.
- Are between 18 – 65 years of age.
- Are at least 50kgs.
- Didn't donate blood within the past 56 days.

DO NOT DONATE IF YOU:

- Have spent time that adds up to 3 months or more in the United Kingdom between 1980 and 1996. Living in the UK during that period puts you at a theoretical risk of carrying the mad cow disease (vCJD) from eating beef. Mad cow disease could be transmitted through blood transfusions.
- Have spent more than 5 years in Ireland or France between 1980 to 2001 for the same above mentioned reason. All Donated Blood is Tested for: HIV 1 and 2, HTLV I and II, Hepatitis B and C virus and Syphilis. If you test positive for any of the above diseases, you will be contacted about your result. Blood donors who are found positive must be reported to the Health Authority. Please do not donate to get tested for HIV, Hepatitis or other infections

Post Donation Instructions

- All medical procedures carry some risk of adverse events (AE), and blood donation is no exception. We have an obligation to inform donors of these risks:
- Phlebotomy related injuries which will disappear within few days: - Occasionally, a bruise may appear due to leakage of blood from the vein into the tissues around where the needle was inserted. Please apply cold compresses intermittently for 12–24 hours then use warm compresses. - Nerve irritation may result from large hematoma causing pressure on a nerve, or from direct irritation or injury of a small cutaneous nerve by the needle. Please contact Abu Dhabi Blood Bank Services' nurse for advice, he/she will be contacting you to follow up.
- Sweating, nausea, dizziness/light-headedness, occur infrequently and is known as a vasovagal reaction due to the drop in blood pressure. Sit down immediately, don't operate heavy machinery. Seek medical attention, increase fluid intake. Contact Abu Dhabi Blood Bank Services for any questions or concerns.
- 8% of reactions occur after the donor has left the donor centre (usually within 6 hours of donation), if you develop any reaction that may be related to the blood donation please notify the blood bank nurse by calling Abu Dhabi Blood Bank Services at 02 819 1700 / 02 807 2887 / 03 707 4191.

Please remember:

- Drink extra fluids for the next one to two days.
- Do not do any strenuous activities today such as gardening or lifting weight.
- Smoking is inadvisable within one hour of the donation.
- Avoid standing for a long period, especially in poorly ventilated areas.
- Please leave the plaster in place for 2 hours after donation. In case of re-bleeding, simply raise the arm above your head and apply pressure to the venepuncture site with your thumb for 10-15 minutes until the bleeding stops.
- If you develop any illness after your donation that may impact on a patient receiving your blood, please contact Abu Dhabi Blood Bank Services as soon as possible at 02 819 1700 / 02 807 2887 / 03 707 4191.

Donor's Responsibilities:

- To answer the donor's medical history questionnaire honestly and to the best of his/her knowledge.
- To read and sign the consent form, which is witnessed by an ADBBS staff and recognizes that his/her signature is an affirmation that all responses provided to the questionnaire are accurate and the donor is willing to be informed of their test results.
- Have a responsibility to provide ADBBS staff with all relevant information to the best of their knowledge about health conditions or activities that may pose risks to their and patient's health.
- Have a responsibility to exclude themselves from blood donation if they believe they are unsuitable to donate; donors should not use blood donation to obtain medical check-ups, to know their HIV status or to be tested for other serological markers.
- Have a responsibility to inform ADBBS staff regarding any doubts about their suitability after a blood donation is made or in the event of a change in health status within 30 days following a blood donation.