

Frequently Asked Questions on Blood Donation

Rotary-TTK Blood Bank

New Thippasandra Main Road,
Bangalore

<http://www.bangaloremedical.org>

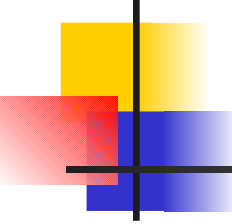
Can u please save
my life?





Why Voluntary Blood Donation?

- “SAFE BLOOD” is that which has been collected from individuals of good health and one that has undergone tests to prove its worth.
- “ADEQUATE” blood to save lives of individuals across the country can only be dreamt of. We are far from meeting it.
- “SUSTAINABLE” needs no explanations, we guess.
- “**VOLUNTARY BLOOD DONATION**” is promoted since you, the voluntary blood donor form the back-bone of the blood banks, which in turn are the foundation of a safe, adequate and sustainable National blood transfusion system (NBTS).



Why Voluntary Blood Donation? (contd...)

- Research by the World Health Organisation (WHO) suggests that “family, replacement and paid blood donors are associated with a significantly higher prevalence of Transfusion Transmitted Infections” since their blood often passes through to the receiver without much checks.
- Many Blood banks, including ours, with the strength of a regular & voluntary blood donor base ensure that the collection, testing, storage and the final issue to the needy happens smoothly. We need you to be a part of us.



When I need Blood...

- **What should I do if I ever need blood ?**
 - Contact Mrs. Lakshmi Ravichandran on 98453 56338 or (R) 080-25270998. (or)
 - Call Dr.Niranjan on 94496 49494 (or)
 - Call our blood bank on 080-25284504.25293486 (or)
 - Call Mr. Bhat on 080 - 25271356 (10 am to 5 pm)
 - You may call at any of the top three numbers anytime.
 - If you have donated during the camp , to appreciate your voluntary work, we issue one unit without testing charges. Even if you could not manage to donate during any blood camp, we would still issue you the required blood.
 - So, we request you to carry the donor card, just as you do with your credit card and quote that reference number while calling.



Safety (pre-donation)

- **How long would it take me to get back to my pre-donation state?**
 - Blood volume or plasma is replaced within 24 hours. Red cells need about 21 days for complete replacement.
- **How much blood is collected per donation?**
 - Only 350 ml for whole blood if you weigh 45 kg to 50 kg
 - (or) 450ml of blood if you weigh more than 50 kg.
 - This works to just 8-9 ml per Kg while a male has about 26 ml of reserve blood per kg in the body while a female has about 16 ml of reserve per kg.
- **Is it safe to donate blood?**
 - Donating blood is very safe and simple. We use only totally sterile disposable blood bags and needles.



Safety (Donation day)

- **What happens during blood donation ?**
 - You will complete a donor registration form that includes your name, address and a few other details.
 - You will be asked a few questions about your health.
 - You will go through a simple medical checkup including blood pressure, and pulse.
 - A drop of blood will be obtained from your finger tip to test for Hemoglobin% and your blood group.
 - You will proceed to a donor bed where your arm will be cleaned with antiseptic.
 - You will donate 350 ml or 450ml depending on your weight.
 - After the process is over, you will rest for about 5 minutes.
 - You will be given refreshments.
 - Finally, Please remember to collect your donor card before you leave our camp.



Safety (post-donation)

- **Will I have any problems after donating blood and do I need to take any special care ?**
 - No, you will generally not have any problem after donating. However, if you feel light-headed or dizzy even after 5 mts of rest and having refreshments, lie down with your legs raised until the feeling passes. If some bleeding occurs, apply pressure to the site and keep your arm raised for three to five minutes. Our doctor is available to see that you leave the camp perfectly fine.
 - Please observe the following suggestions post-donation:
 - Increase your fluid intake for the next 24 hours.
 - Do not smoke or chew tobacco for 30 minutes.
 - Avoid strenuous physical exertion, heavy lifting or pulling with the donation arm for at least 24 hrs .
 - However do not hesitate to contact the blood bank if you have any problems or questions



Guidelines – Follow on Donation day

- **What should I do before donating?**
 - We want your donation experience to be pleasant. Please remember :
 - Eat a well-balanced food before you donate.
 - Tell us the name and dosage of any medications you are taking. Medications will not keep you from donating, but the reason for taking them might.
- **How long does it take to give blood?**
 - For whole blood, the actual blood collection takes just 5 to 7 minutes. The donation process including registration, medical screening, the blood collection, and time for refreshments may take about half an hour.



Eligibility

- **Who is eligible to donate blood ?**
 - In India, you can start donating blood at the age of 18 and up to the age of 60 if you weigh at least 45 kg and be in good health.
- **How often can I donate blood ?**
 - Whole blood donors can give blood once every 90 days. Apheresis platelet donors can donate more frequently - as much as twice in one week and upto 24 times a year. (Apheresis platelet donation takes only blood components and not whole blood and hence is allowed more often)
- **Can I donate blood during menstruation?**
 - No, you cannot donate during menstruation.



Is blood sold?

- **Do you charge people while issuing blood received as donation from us?**
 - 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 cross-matching before issuing the blood.
- **What are the charges for blood?**
 - For private hospital
 - Whole blood Rs. 700/-
 - Components Rs. 600/-
 - For Government Hospital
 - Whole blood Rs. 400/-
 - Components Rs. 400/-



Blood donation down the line..

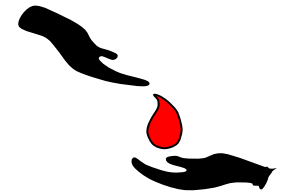
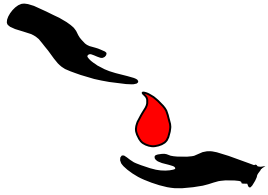
- **Who gets the blood that I donate?**
 - Patients in and around Bangalore benefit from your donation. They include: premature babies, pregnant mothers, cancer patients, hemophiliacs, accident victims or people undergoing various surgeries.
 - 40% of the Blood that is collected by the Rotary TTK Blood bank is given to Government Hospitals and free to poor patients.
 - Free transfusion is done for the Thalasemia patients who need regular monthly blood transfusion throughout life.



Technical Aspects

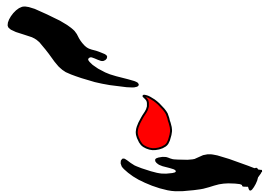
- **What are laboratory tests performed on the collected blood?**
 - Hepatitis B & C , Malarial parasite
 - HIV I & II (AIDS) , Venereal disease (Syphilis)
 - Blood Group
 - Before issuing blood, compatibility tests (cross matching) is done.

- **What is Aphaeresis ?**
 - Aphaeresis is a procedure during which the blood goes to the aphaeresis machine, which removes the selected blood components/cells. The rest of the blood is returned back to the donor. This procedure usually takes one to two hours. It is a safe procedure for the donor and gives more benefit to the patient who is transfused only the required specific blood component.



Thanks...

Please pass on this information
to your near and dear



Pls refer <http://www.bangaloremedical.org/faq.htm> for
a more comprehensive FAQ

