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مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

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BLOOD DONATION

LAB-BB-770 attachment 5 blood donation education material



Blood Donation

First, we would like to thank you for coming today! This information sheet explains how you can help us make the donation process safe for yourself and patients who might receive your blood.

Please read this information BEFORE you donate if you have any questions now or anytime during the screening process, please ask the blood bank staff.

Why do we need blood donations?

Millions of people need blood transfusion each year.

Some may need blood during surgery.

Others depend on it after an accident or because they have a disease that requires blood components

Therefore, blood donations save lives every day. The collected unit of blood is processed into components (Red blood cells, Plasma and Platelets).

Each of these can be given to patients who need different blood components, so your blood donation can help up to three patients.

You should not donate blood in order to obtain infectious diseases testing services, as there are circumstances like emergencies and accidents in which blood is transfused without being completely tested.

Who can donate blood?

Most people, who are between 18-60 years of age, weight over 50 kg, and have good general health, will be able to donate blood.

How often can you donate blood?

You can donate whole blood at least 8 weeks (roughly 2 months) if you pass the medical examination

You can donate platelet apheresis at least 2 days and not more than twice in a week or 24 times in a rolling 12-month after you pass the medical examination.

You can contact the blood bank to schedule for donation.

What is the procedure?

1. before donating blood

Before you donate blood, you should make sure that you slept well then, eat and drink at least a few hours before you are due to donate This will help stop you from feeling faint, or dizzy.

2. When you arrive

You will need to fill in a confidential donor health check form.

You will be asked to answer a number of questions about your health and life style.

It is very important that you answer the questions honestly and accurately, in order to exclude any possible infectious exposure and ensure that the blood you donate is safe to use.

Then, your blood pressure, pulse and temperature will be checked and your hemoglobin level.

3. Donating blood

Once you have passed all of the necessary health checks, you will be able to donate blood it usually takes between 5-10 minutes to be collected.

During most blood donations, approximately 450 ml of blood is taken.

This only makes up 10-12 % of the total adult's blood volume

4. after donating

After you donate blood, you will need to rest for 10 minutes under observation.

You will be offered refreshments to help stop you from feeling faint, or dizzy.

For 24 hours after your blood donation:

- Drink extra fluids & eat healthy meal.
- Avoid lifting with the arm used during donation - Avoid strenuous exercise
- Avoid smoking for at least 2 hours.
- If you feel dizzy you can lay down on the bed while your head is at lower level than your body or you can sit & put your head between your knees.

You can withdraw yourself at any time, before, during or after donation without any justification if you think that you are at risk of possible infection, or your blood is not suitable for transfusion.

What types of tests are done on the blood?

- ABO- Rh group and Antibody screen
- Certain infectious diseases such as Hepatitis B-virus, Hepatitis C virus, HIV, Syphilis, Malaria, HTLV and, PCR for HBV, HCV and HIV.
- Testing may not detect all infected persons.
- You can know the result of these tests

What are the risks of blood donation?

- As well as you passed the physical examination, blood donation is safe.
- New sterile disposable equipment are used for each donor, so there is no risk of contracting a blood borne infection by donating blood. Also, blood bank strictly
- enforces screening guidelines and eligibility requirement to make sure that donating will not harm the donor.
- Within 24 hours of a blood donation, your body replaces the lost fluids, and after several weeks, your body replaces the lost red blood cells, so please wait for at least 8 weeks before your next blood donation
- Iron deficiency anemia can be developed in some donors.
- Rarely, some side effects may occur as dizziness or vomiting & it disappears very soon, so please notify the blood bank staff. If you develop any illness after donation, please inform the blood bank to prevent transfusion of possible infected blood.

A fatwa by Sheikh Muhammad bin Saleh Al-Uthaymeen, may God have mercy on him, permitting blood donation:

As for donating blood to those in need, there is nothing wrong with it. This is because the blood is replaced by new blood, so if it is replaced by new blood, and here there is a benefit, either certain or possible, but without any harm. Sharia does not prohibit such things. Donating blood to someone who needs it is permissible if the doctor decides that it is not permitted. Harmful to this donor if he donates his blood.

Post Donation Iron Deficiency Anemia

Donating blood removes iron from your body. Iron is an essential mineral that is a part of hemoglobin, which helps maintain your strength and energy. Your body needs iron to make new blood cells, replacing the ones lost through blood donations. To help maintain healthy iron levels, we recommend that individuals who frequently donate blood should take an iron supplement or a multivitamin with iron. Before taking an iron supplement or multivitamin, you should consult with your health-care provider. Nevertheless, iron supplements are available at a variety of retail locations including drug stores and health food stores without prescription.

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