

SOME FACTS ABOUT BLOOD DONATION

- In a healthy male there is approximately 4.5 to 5 liters of blood i.e. 76 ml/kg body weight and in healthy female about 4 to 4.5 liters of blood i.e. 66 ml/kg body weight.
- Only 350 ml of blood is drawn, i.e. 6-8 ml/kg body weight which is less than 10% of the total Blood volume.
- This volume is replaced within 48 hours in our body, while RBC's are replenished in 21 days.

Who can donate Blood?

Any healthy person with weight above 45 kg., hemoglobin level above 12.5 gm/dl and age between 18 to 60 years (for India) can donate blood.

The person should NOT have had:

- Fever in last one week
- Malaria in last 3 months
- Taken medicines in last 2 days
- Current infection
- Jaundice in last 1 year
- High blood pressure, High BP controlled with drugs. Acceptable if BP normal
- Heart attack/ other heart problem
- Major surgery in 6 months and minor surgery, 3 months after recovery acceptable
- Transfusion in last 3 months (for males) and 4 months (for females)
- TB and leprosy
- AIDS, HBS and HCV positive
- Ongoing menstrual period
- High Risk Behavior
- Cancer
- Chronic kidney and liver disease

Why BLOOD DONATION?

- Blood transfusion is many times a life saving measure, especially in accident cases with blood loss.
- Human beings are the only source of blood.
- Do remember, any one may require blood any time, including ourselves as well as our dear ones.
- Blood donation reduces the chances of Ischemic Heart Diseases (beginning of heart problem) as frequent donation reduces the accumulated and unwanted iron load from the body.

Any side effects of BLOOD DONATION?

- No, not really. Do ask regular blood donor about it.
- In fact, there are many people who have donated blood more than 100 times in their life.

How frequently can I donate Blood?

- Males every 3 months
- Females every 4 months

What should I eat after donation?

- Drink some liquid like tea, coffee, cold drink, juice etc. to replenish fluid and eat some biscuits / snacks. Tea / Coffee and biscuits are available at the Blood Bank/donation site.

Why should I become a regular blood donor?

- There is a scarcity of blood round the year.
- The only source of blood is human being.
- In view of this, there is a risk of paid and professional donor donating blood as replacement/family donors.

- Thereby, increasing the risk of transmission of diseases like AIDS, Hepatitis B and Hepatitis C, Syphilis, Malaria and many other diseases in the society
- Therefore, it is the social responsibility of the person to come forward and voluntarily donate blood.
- Hence, a donor who donates blood regularly every 3 months (for male) and 4 months (for female) and tests negative for the above disease, would become a source of safe blood.

Can I get diseases like AIDS or Hepatitis or any other diseases by Blood Donation?

- This is impossible, because only sterile disposables are used to collect your blood. These disposables are used only one time, and then discarded.
- This totally eliminates any chances of catching any diseases from donating blood.

What is the process of Blood Donation?

- You will complete a donor registration form.
- You will receive a mini physical check up including checking of Hb (Hemoglobin) by CuSO4 method.
- You will proceed to the donor bed where your arm will be cleaned with antiseptic.
- The donation process, will take around 8 to 10 minutes.
- A pressure bandage is applied to the donation site which should be kept in place for 3-4 hours.

Following your donation, you will receive Tea / Coffee and biscuits. You will also get a certificate and a Blood group card which you should preserve.

Your gift of life may help as many as three to four people. You can donate blood every 90 days/120 days. And in the end you will have a sense of satisfaction that you are able to help someone by just donating few ml of blood.

What does a Blood Bank do to my donation?

- The blood collected from donor is stored in a blood storage cabinet at 2-6 degree centigrade in CPDA for 35 days and with SAGM bags for 42 days.(CPDA and SAGM are Blood bag system in which blood is stored)
- Every unit of blood collected is tested for AIDS, Hepatitis B, Hepatitis C, Syphilis and Malaria.
- The blood which tests positive for any of the above mentioned diseases is not used and discarded.
- The blood collected from donor, which is negative for the above test, is stored in a blood storage cabinet at 2-6 degree centigrade in CPDA for 35 days, with SAGM bags for 42 days.
- The blood is provided FREE OF COST to the poor patient admitted in S.S.G/Government Hospital after compatibility testing.
- The blood is issued to patient admitted in private hospital at a charge of Rs. 250 per unit, for thalassemia and hemophilia patient at Rs. 125 per unit.
- We are separating whole blood into its components like RCC (Red Cell Concentrate), PC (Platelet Concentrate), FFP (Fresh Frozen Plasma), and CP (Cryo-Precipitate). This optimizes the utilization of blood and a single unit of blood can meet the requirement of three to four patients.

FRIENDS SOCIETY –

Promoting & Organizing Voluntary Blood Donation camps since 1970 in University campus & Industries / Offices / Community in association with Blood Bank, S.S.G. Hospital & Nagrik Raktdan Samiti

Petit Library

Opp. Kalyan Café, Fatehgunj Main Road,
Vadodara 390 002, Tel. 2791629

Our volunteers (university students) shall be glad to conduct awareness and educational drive at your premises through Personal interactions, Posters, Powerpoint Slide show and Video clipping on Voluntary blood donation.