

IT TAKES ALL TYPES to Save a life

Thank you for agreeing to give blood, it takes all types to save a life.
Please fill out your details below

Name: _____

Address: _____

Date of Birth: _____

Mobile: _____

Email: _____

Phone: _____

TIPS for a successful blood donation....

- Maintain a healthy iron level in your diet by eating iron rich foods such as red meat, fish, poultry, beans and leafy greens.
- Get a good nights sleep
- Drink an extra 500mls of water before donation
- Avoid alcohol for 24-hours prior to donation
- If you are a platelet donor, remember that your system must be free of aspirin for two days prior to donation.
- Relax, listen to music and talk to other donors or read during the donation process
- Eat a healthy meal before your donation. Avoid fatty foods such as hamburgers, fries or ice-cream before donating. (fatty foods can affect tests we do on your blood) if there is too much fat in your blood your donation cannot be tested for infectious diseases and the blood cannot be used for transfusion and will go to waste.
- Wear clothing with sleeves that can be raised above the elbow
- Let the person taking your blood know if you have a preferred arm and show them any good veins that have been used successfully in the past to draw blood
- Please let us know if you have any questions or concerns



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Useful Information: Who can give blood

Most people are able to give blood if they:

- Are fit, healthy and not suffering from a cold, flu or other illness at the time of donation or in the previous 7 days
- Are aged between 16-70 years
- Weigh more than 45kg
- Drink up in the 24 hours before donation, especially in warm weather and have at least 3 good-sized glasses of water/juice in the 3 hours before donating.
- Eat something in the 3 hours before donating
- Bring at least one form of photo ID.

We ask that you do not donate if you:

- Have cold or flu symptoms or do not feel well on the day of your donation.
- Had hepatitis after your 11th birthday
- Have had close contact with someone with clinical Hepatitis within the past 12 months.
- Have a history of cancer in the last year (except some skin or in situ cancers)
- Are of have been pregnant in the last 6 weeks
- Have been treated for syphilis or gonorrhoea in the past 12 months
- Have used a needle to inject drugs not prescribed for you (including steroids)

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On the day of your donation

- On your arrival you will be asked to complete a questionnaire. This form is completely confidential and asks about your general health and is designed to protect both you and the person who receives your blood.

Before your donation

- The day before you donate, drink plenty of fluids.
- Make sure that you eat something in the three hours before you donate.
- In the 3 hours before donating, you should drink at least 3 good-sized glasses of water or juice.
- If you've got a cold or flu, had an upset stomach in the past week, or you've been to the dentist recently you may not be able to donate.
- If you take any medications, it may be worthwhile writing down a list of what medications you are currently taking. This will assist our staff in accurately assessing your eligibility.

Donating

- Giving blood takes just 5-10 minutes

All equipment is sterile; needles are used only once and then discarded. Testing to protect patients who receive blood, your donation is tested to determine your blood group and will be screened for HIV 1 & 2, hepatitis B & C, HTLV I & II and syphilis.

To help you recover quickly from your donation:

- Drink plenty of water, fruit juice etc.
- Avoid smoking, exercise and alcohol for 8 hours after your donation
- If you become unwell in any way or have any questions after giving blood please let us know immediately.

