



KNOW ABOUT BLOOD DONATION



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 asterhospitals.com 📱 [asterhospital](#)

DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

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DIGITAL VERSION

BLOOD DONATION

- Blood donation is a voluntary procedure that can help save the lives of patients who need blood and blood products. Depending upon the requirements of the patient several types of blood products are collected, which help meet the different medical conditions of the patient.
- Millions of people need blood transfusions each year. Such as in these conditions:
 - When pregnancy complications occur such as bleeding before or during or after delivery.
 - During surgery Pre & Post surgery, such as cardiovascular surgeries, organ transplants surgeries and others.
 - Patients who suffer from blood disorders.
 - For those injured and encounter heavy loss of blood by any accident including RTA -Road traffic accident.
 - Cancer patients / BMT Patients who require supportive care with blood products.

ADVANTAGES OF BLOOD DONATION:

- Stimulating the bone marrow to produce new red blood cells, white blood cells and platelets.
- Refreshing the blood system
- Reducing the risk of cardiovascular diseases
- Studies have shown that people who donate their blood at least once a year is less likely to develop circulatory disease and leukemia.

REQUIREMENTS NECESSARY TO BE MET BY BLOOD DONORS:

- Blood donors must be in good health
- Any person who is not complaining from any Chronic disease) Type 1 diabetes, cancer) or blood borne diseases
- Blood donors have to be at least 18 years age (maximum age being: 60 years)
 - Weight: at least 45Kg
 - Hemoglobin level: more than 12.5 gm/dl
 - Pulse: 50 to 100 beats/min and regular
 - Temperature: should not exceed 37.5° C
 - Blood Pressure: acceptable range is 100/60 to 140/90 mm of Hg

AMOUNT OF DONATED BLOOD:

- If you're a healthy adult, you can donate 1 Unit of blood (350 ml or 450 ml) without endangering your health.
- A person can donate once every three months, and not more than four times in a year.
 - Within 24 hours of a blood donation, your body replaces the lost fluids.

AFTER DONATION:

- Rest and eat a light snack. After 10 to 15 minutes, you can leave
- Drink extra fluids for the next day or two.

- Avoid strenuous physical activity or heavy lifting for the next five hours.
- If you feel lightheaded, lie down with your feet up until the feeling passes.
- Keep the bandage on your arm for at least 2 hours
- Don't lift heavy things using the arm used for blood donation for 12 hours
- Avoid smoking after donating

All donation procedures are taken by well-trained medical team under the supervision of a consultant physician, Blood donation is safe, sterile only disposable sets is used for each donor, so there's no risk of contacting a blood borne infection by donating blood.

