

# FACTS ABOUT BLOOD DONATION PREDONATION PAMPHLET (BD-3)



## 1. WHO CAN DONATE BLOOD ?

Any healthy person, 18 to 60 years old with a weight of at least 45 kgs can donate blood.

## 2. HOW LONG WILL IT TAKE TO DONATE BLOOD ?

The actual blood donation takes about 8-10 minutes. The whole donation process from the time you walk in until the time you leave usually takes 30 minutes, including a medical check-up and refreshment.

## 3. IS IT SAFE TO DONATE BLOOD ?

Yes, it is. Sterile disposable needles are used for each donor.

## 4. WILL IT HURT WHILE DONATING BLOOD ?

You will feel a small prick, but this is nothing compared to the satisfaction that you have saved a life.

## 5. SHALL I FEEL WEAK AFTER DONATING BLOOD?

Not at all. Just eat a small snack before and after donation and drink plenty of water.

## 6. WHERE CAN I GO TO DONATE BLOOD?

You can go to the nearest licensed blood bank or any donation camp near your home or workplace.

## 7. HOW MANY TIMES CAN I DONATE IN A YEAR ?

You can donate blood every three months. It only takes 48 hours to replenish the fluid loss and within three months red cell loss is replenished.

## 8. WHO NEEDS THE BLOOD THAT I WILL DONATE?

Blood is needed regularly for thalassemia and patients with anemia. Apart from this, it is required for the routine treatment of injuries in trauma cases or during major surgeries, child birth etc.

