**Donation Desk Chatbot QnA**

1. **WHY DONATE BLOOD?**

Blood transfusions save the lives of patients under medical treatment.  
Blood is essential for life and is required during medical emergencies and surgeries.  
Premature infants come into the world often needing blood to survive.  
1out of 3 people you know will need blood in their lifetime.  
1unit of blood can save up to 3 lives.  
From natural disasters to chronic diseases, the demand for blood is constant.

**WHO CAN DONATE BLOOD?**

Someone who meets the following criteria:  
A person in good health in the age bracket of 18years to 60 years.  
Weighs at least 45 Kgs.  
Has not donated blood in the last 3 months.  
Off antibiotics for 24 hours.  
Symptom free for at least 3 days following a cold, cough or flu.  
  
**important:** If you are receiving medical treatment, please consult your doctor before donating blood.

**WHO CANNOT DONATE BLOOD?**

Anyone that has one or more of the following conditions:  
Low haemoglobin  
Cold, flu, High Blood Pressure, or other illness symptoms.  
Medical conditions that may prevent you from donating.  
Pregnant Women.  
STD, HIV, and Zika virus exposure.

**HOW LONG IS THE PROCESS?**  
The whole process takes around 30 minutes, but the actual donation takes about 10 minutes only.

**HOW MUCH TIME FOR THE BODY TO RECOUP?**  
The fluids will adjust within a few hours of your donation.  
The red blood cells will be replaced within a few weeks.  
Platelets will be replaced within 24 hours.

**HOW TO PREPARE FOR BLOOD DONATION?**  
Drink plenty of water.  
Have a healthy meal before you donate.  
Avoid fatty foods.  
Wear clothing with sleeves that can be raised above the elbow.  
Bring a valid identification with you.  
Bring a list of any medications you are currently taking.

**WHAT TO DO AFTER DONATING BLOOD?**  
Drink plenty of water or juice with other supplements.  
Eat healthy meals consisting of iron-rich foods.  
You may take an iron supplement after consulting with your doctor.  
Avoid lifting or exercising for 24 hours.  
Avoid physical activities following the donation.  
If you feel dizzy, lie down and raise your feet until the feeling passes.

**Why should I donate blood?**

* Because some patient needs it!
* Because you won't lose anything!
* Because you are the only source of it!
* Because you are healthy!
* Because you care for others!

**What physical tests are performed before blood donation?**

Weighing Hb estimation (copper sulphate solution method) Measurement of blood pressure Checking heart beats, condition of liver, lung and spleen.

**Is there any chance of contracting blood communicable disease by donating blood?**

No, since sterilised disposable bleeding sets are used.

**Is blood donation very painful?**

No. Not more than a prick of an injection needle.

**Will I feel all right after donation?**

Yes, you can go back to your normal work after 30 minutes.

**How frequently can I donate Blood?**

Males - Every 3 months Females - Every 4 months

**What can I do before and after giving blood?**

Be sure to eat at your regular mealtimes and drink plenty of fluids before and after donating, but avoid alcohol.

**Can I smoke after giving blood?**

We advise that you refrain from smoking for about two hours after donating, as it might make you feel dizzy or faint.

**How can I register online as a blood donor?**

Click on the "Donor Registration" link at the home page. Once you click on this button, you will be taken to a registration page, please fill out the details. After successful registration, the schedule of upcoming blood donation camp details will be forwarded to your registered e-mail ID with a SMS to your mobile number.

* **What should I eat before blood-donation ?**

Anything that you normally eat at home., Eat a  light snacks and a cold drink  before blood donation  is sufficient..

* **How often can I donate Blood ?**

After every three –four months you can donate blood.

* **What are the eligibility criteria of blood donation ?**

The eligible donors  should be  between 18 to 60 years of age, having a healthy pattern of lifestyle  The body weight should be above 45 kgs.  The haemoglobin should be above 12.5 g%

* **Are their any side effects of Blood donations ?**

There are no side effects of blood donation. The Blood bank staff ensures that your blood donation is a good experience as far as possible to enable you to become a repeat and a regular blood donor. There are a number of people who have donated   more tha25-100 times in their life time

**Does the needle hurt the entire time?**

No. There may be a little sting when the needle is inserted, but there should be no pain whatsoever during the rest of the donation.

**What is a “unit” of blood?**

A unit is about 450 ml of donated blood. The average adult has between four and five litres of blood in his or her body, and can easily spare one unit.

### **DOES BLOOD DONATION LOWER CHOLESTEROL?**

Though blood donors have been recognized as having lower cholesterol as a group, more research is needed to determine whether blood donation is the cause of this trend.

### **DOES BLOOD DONATION LOWER BLOOD PRESSURE?**

While this area is still being researched, the prevailing opinion right now is, yes! Regular donation in hypertensive individuals is believed to help reduce blood pressure.

### **DOES BLOOD DONATION HURT?**

While there’s always a chance of having a rare reaction, typically the only discomfort you’d experience is just a pinch when the needle is first inserted, and potentially a bit of arm soreness after donation (though that’s not as common). Beyond that, it’s largely pain-free!

* Whether a Drug Licence is required to start a blood bank?
* Yes, Drug licence issued by the State Licensing Authority (DC) & approved by the Central licence approving authority (DCGI) is required for functioning a blood bank.
* Where can one donate blood?
* (a) Blood bank (2) Blood Donation camps organized by the regional blood transfusion centers, Distict Hospital Blood banks and by Red Cross Society’s blood banks and other blood banks which are approved by the Pondicherry Council of Blood Transfusion and by the Licensing Authority.
* Whether fees is required to donate bloodS?
* No fees

**What is the universal blood type for recipient?**

Type AB positive is the universal recipient.

**How will I feel after the donation?**

Most people feel great when the donation is complete.  It is important to eat well prior to donation to lessen chances of post donation issues.  After donating, drink extra fluids for the next 24 hours to help the body replenish its fluids.

**How much blood is taken?**

Whole blood donations are approximately one pint. Apheresis donations also take about a pint of  
fluid; both weigh approximately one pound.  The average adult has 10 pints of blood in their body.  Blood makes up on average 7% of your total body weight.

#### [Who needs Blood?](https://hamrobloodbank.org/" \l "collapseTwo)

Any person who is an accident or burn victim, cancer patients, undergoes surgery, has bleeding disorder like hemophilia, anemia and immune system disorders requires blood.

How to donate blood?

You may please visit a Clinical Laboratory center and identify your blood group. The clinical test will cost you just ` 50-60. The result shall be provided within 2 hours time. In case you wish to donate blood now, please visit your nearest Blood Collection Center. Alternatively you may use the Registration Form given here in the website and submit for registration. Recipient, relatives or Hospital authorities will contact you directly.