

ਨ ਜੇਲੇ ਸੌਚਾਰਿ

*Give someone a second chance*

**DONATE BLOOD**

*It is Safe. It is Easy. It saves Lives.*



Donate Blood  
Save Life



State Blood Cell,  
SHS, National Health Mission, Manipur



## **Voluntary Blood Donation:**

### ***1. Why donate blood?***

A: There is no substitute for human blood. It cannot be manufactured in any laboratory or factory. Blood can be stored for only 35 days and not any longer. Moreover, there is a constant need for blood donation to meet the ever increasing demand of blood and blood products. Blood donated by anyone can save the lives of those who are undergoing surgery, or have lost blood in an accident or childbirth or are suffering from cancer, haemophilia, thalassemia, and severe anaemia. Nobody knows who will require blood, when and where. Regular blood donation by a large section of the society is insurance for all.

### ***2. Why voluntary blood donation?***

A: Blood from commercial source or replacement blood donors is unsafe whereas, blood from Voluntary Non-remunerated Blood Donors is the safest source of blood.

### ***3. Is Blood Donation safe?***

A: Yes. One cannot get any infection, including HIV, while donating blood as all consumables and equipment used during the process are sterile and safe from infection.

### ***4. Who can be a Voluntary Blood Donor?***

A: Everyone who is between the age group of 18 and 65 years, whose body weight is not less than 45 kg, haemoglobin level not less than 12.5 gms/hundred ml and in good health can be a blood donor.





**5. *How much blood do we have in our body?***

A: For men, there are 76 ml of blood per kg of body weight while for women it is 66 ml of blood per kg of body weight. For both men and women, the body's requirement of blood is only 50 ml per kg of body weight while the rest (26 ml of blood per kg of body weight in case of men & 16 ml of blood per kg of body weight for women) are surplus.

**6. *How much blood can one donate?***

A: One can donate up to 8 ml of blood per kg of body weight. In a blood donation, a Donor has to donate 350 ml of blood. This is just a fraction of one's surplus blood.

**7. *What is the replenishment time of this donated blood?***

A: Liquid part of the donated blood is replenished in 2 days while cellular component is replenished in 21 days.

**8. *What special diet, medicine or rest are required after blood donation?***

A: No extra or special diet, medicine and rest are required after blood donation. After half an hour of blood donation, one can resume normal activities.

**9. *What should be the interval between blood donations?***

A: The interval between blood donations should be not less than 90 days/3 months. Between 18 to 65 years of age, one can donate blood 188 times.

**10. Why 3 months' interval has been stipulated though donated blood is replenished within 21 days?**

A: As an additional precautionary measure for safety of donor.

**11. What are the responsibilities of Blood Donors?**

A: Before Donation-to provide correct information about one's health status.

After Donation: To collect the Donor Card; to remember when to come for next donation & bring the Card with you each time when you come for blood donation; to encourage others to donate blood; use blood only from Licensed Blood Banks; know the procedure to get blood from Blood Banks.

**12. What laboratory tests are performed for each donated blood unit?**

A: Testing of every donated unit of blood for the following infections is mandatory:

- ♦ HIV
- ♦ Hep B
- ♦ Hep C
- ♦ Malaria
- ♦ Syphilis

**13. After blood donation, some donors faint. Is that common?**

A: Very occasionally a donor may faint. The most common reason is psychological and often due to rushing to get up too soon after donating. Relax and rest a little and you will be fine.



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