

Four steps involving the blood donation process:

Registration: During this phase, contributors give their names, addresses, ages, and contact details among other basic personal data. To ascertain whether a donor is qualified to donate blood, some questions on their health and medical history will also be asked.

Screening: A quick medical examination is the next stage to determine whether the donor is fit enough to donate blood and whether their blood is safe for transfusion. This involves asking the donor a few questions about their health and lifestyle, as well as performing a brief physical examination to measure their blood pressure, pulse, and haemoglobin levels.

Donation: After receiving the all-clear, the real blood donation procedure will start. Blood will be drawn from the donor's arm vein using a sterilised needle, and the blood will be collected in a sterile bag. Usually, the procedure lasts between 10 and 15 minutes.

Refreshment and recovery: Following blood donation, donors will receive some refreshments to assist replenish their hydration and energy stores. To prevent any lightheadedness or dizziness, donors are advised to take a short break before leaving the donation facility. Additionally, donors will receive advice on how to take care of their arms and how to keep healthy after giving blood.

