About Blood Donation:

Donating blood is safe and simple. It takes approximately 10-15 minutes to complete the blood donation process.

Sterile blood bags are used for blood collection which has a sterile needle attached. These bags can be used only once, hence the needle also cannot be reused. Blood bags used for collection, have fixed capacity, hence excess of blood cannot be collected.

This is what you can expect when you are ready to donate blood:

- A few questions will be asked to determine your health status (general questions on health, donation history etc). You will be asked to fill out a short **"Form"**.
- Then physical check will be done to check temperature, blood pressure, pulse and haemoglobin content in blood to ensure you are a healthy donor.
- If found fit to donate, then you will be asked to lie down on a resting chair or a donor couch. Your arm will be thoroughly cleaned. Then using sterile equipments blood will be collected in a special plastic bag.
- After the collection of blood, you must rest and relax for a few minutes with a light snack and something refreshing to drink. Some snacks and tea will be provided.
- Donor is recommended by the blood bank to grant Special Casual Leave (SCL). Blood bank will give the CL request form so that the person can avail the Casual Leave.
  (Reference: Swamy's Handbook 2010, Page No. 110)
- The blood will then be taken to the laboratory for testing.
- Once found safe, it will be kept in special refrigerator having temperature between 2 degree Celsius to 6 degree Celsius and released when required.
- The blood is now ready to provide to the hospital for the patients as per requisition.

Voluntary Blood Donors List is available at Blood Bank, BARC Hospital

DOs and DONT's of Blood Donation:

Do donate blood if ...	Don't donate blood if...
You are between age group of 18-60 years.	You are less than 18 years or greater than 60 years.
Your weight is 45 Kgs or more.	Your weight is less than 45 Kgs.
Your haemoglobin is 12.5 gm% minimum.	Your haemoglobin is less than 12.5 gm%.
Your last blood donation was 3 months earlier.	Your last blood donation was within last 3 months.

You are not allowed to donate the blood if you have..

- Malaria (within last 6 months)
- Tuberculosis (within last 2 years or you are under medication)
- Diabetes and you are under medication (normal fasting blood sugar range is 60 - 100 mg %)
- Chicken Pox (within 1 year)
- Drastic weight loss (recently) i.e. sudden weight loss within few days (more than 10 kg)
- Small Pox Vaccination (within the last 3 weeks)
- Hypertension (BP) and you are under medication. (Normal level is 150/100)

Following diseased patients are permanently deferred:

- Hepatitis (B & C) (Hepatitis A patients can donate the blood after 1 year of diagnosis.)
- Healthy persons involving high risk behavior like HIV infection
- Open Heart Surgery & Any other type of Heart Problem
- Cancer Surgery
- Have an active symptom like Chest pain, breathlessness
- Cardiac Medication
- Myocardial Infarction
- Endocrinal disorders
- Stomach Ulcer with Bleeding
- Long Term Liver disease
- Long Term Kidney disease

Why Do Blood Donation:

Emergencies occur every minute. For each patient requiring blood, it is an emergency and the patients could have set back if blood is not available.

Your blood donation may be even more special than you realize. A single donation from you can help one or more patients. This is possible because whole blood is made up of several useful components. These components perform special functions in your body and in the body of patients who receive your blood. The various blood components are Red Blood Cells, White Blood Cells, Platelets, Plasma and selected Plasma Proteins. Each of these components can be separated from your donated volume of blood and transfused into a specific patient requiring that particular component. Thus, many can benefit from one unit of blood. To replace blood lost because of accidents or diseases.

- To treat shock due to injury.
- For Major & Minor surgeries including open heart surgeries, transplants etc.
- For burn victims.
- For patients suffering from Anemia.
- During child birth for the mother.
- For exchange transfusion for new born infants.
- To make blood derivatives which are used to treat medical problems.
- For children suffering from ailments like Thalassaemia, Hemophilia (bleeding disorders), Leukemia, Blood Cancer.