**Useful Information about blood donation**

1. Human blood cannot be made in laboratories, so access to safe blood can only be ensured by regular blood donation.
2. Your body would restore blood volume immediately. Red blood cells are replaced within 3-4 weeks.
3. Regular blood donation decreases blood pressure in hypertensive patients and reduces further complications of stroke and other related diseases. (Sundrela Kamhieh-Milz 2015)
4. Women who are pregnant, breast feeding or who have their menstrual periods are not allowed to donate blood and must defer donation.
5. You can not be allowed to donate if you have taken alcohol in last 24 hours, antibiotics in last 2 days or aspirin in last 3 days.
6. Blood can be donated as whole blood or one of its components can be donated (ex platelets, Red blood cells).
7. A study published in Journal of Cancer Epidemiology suggested that regular blood donation reduces the risk of various cancers significantly. (Farnaz Vahidnia Volume 2013 (2013), Article ID 814842, ).
8. If you are an IV drug user or have donated blood in last 8 weeks, you are not eligible for blood donation.
9. Blood donation helps in weight loss and reducing blood cholesterol levels.
10. There are positive psychological benefits of blood donation. Donors generally have feelings of satisfaction, greater alertness and increased wellbeing after donation. (Nilsson Sojka B 2003 Feb;84(2):120-8.)
11. As per the Government of India rules, maximum number of units which can be collected in a single donation camp is limited to 500.
12. Blood Donation can only be voluntary. Govt. of India has banned professional blood donation (donating for money) from Dec. 1997.

**Permanent Deferral Criteria for blood donation**

1. Cancer
2. Heart disease
3. Abnormal bleeding tendencies
4. Unexplained weight loss
5. Diabetes-controlled on insulin
6. Hepatitis infection
7. Chronic nephritis

**Temporary Deferral Criteria for blood donation [[1]](#endnote-1)**



**Post-donation instructions**

1. Drink more fluids than usual in next 4 hours.
2. Do not remain hungry.
3. Do not smoke for half an hour
4. Do not take alcoholic drinks for at least 6 hours.
5. If there is feeling of faintness or dizziness, either lie down or sit with head between knees.

References

* Sundrela Kamhieh-Milz, Julian Kamhieh-Milz, Yvonne Tauchmann, Thomas Ostermann,. "Regular blood donation may help in the management of hypertension: an observational study on 292 blood donors." *Transfusion*, 2015.
* Farnaz Vahidnia, Nora V. Hirschler, Maria Agapova,Artina Chinn,Michael P. Busch, and Brian Custer. "Cancer Incidence and Mortality in a Cohort of US Blood Donors: A 20-Year Study." *Journal of Cancer Epidemiology*, Volume 2013 (2013), Article ID 814842, .
* Nilsson Sojka B, Sojka P. "The blood-donation experience: perceived physical, psychological and social impact of blood donation on the donor." *Vox Sang*, 2003 Feb;84(2):120-8.
* Sundrela Kamhieh-Milz, Julian Kamhieh-Milz, Yvonne Tauchmann, Thomas Ostermann,. "Regular blood donation may help in the management of hypertension: an observational study on 292 blood donors." *Transfusion*, 2015.
* https://www.redcrossblood.org/
* https://www.blood.co.uk/
* <http://www.donateblood.com.au/>
* http://nbtc.naco.gov.in/

1. NACO training module [↑](#endnote-ref-1)