How to donate blood in Japan (translation of blood donation forms)

おい！

Please!

あるとは

Responsibility when donating blood

をけるさんのために「ある献血※」をおいします。

Let’s do our duty to donate blood for patients who need blood transfusions.

をごいただくとは

If you have to refrain from donating blood

※などのをにをにしないこと、にしくえてしていただくこと

For people who can’t donate blood because of religion or people who want to answer the medical interview questions correctly

にするはをごください

If the following applies to you please refrain from donating blood

３にをう（、）をけた

If you've received dental treatment involving bleeding (pulling out teeth, getting rid of plaque etc) within the last 3 days

４にから（）した

If you’ve returned to Japan or entered Japan from overseas within the last 4 weeks

１にのをあけた

If you’ve had a piercing within the last month

// double check translation

がの

If you’re being tested for AIDS

６ににする

If the following has applied to you in the last 6 months

// double check translation

(a) のまたはたなとがあった

Had sexual contact with someone random or with a new person of the opposite sex

(b) どうしのがあった

Had sexual contact with another man (if you’re a man)

(c)、せいをした

Have used drugs or stimulants

(d) (a)～(c)にするとをもった

Had sexual contact with someone where points (a)～(c) may apply to them

までににする

If the following has applied to you up to now

// double check translation

(a)（をく）やのをけた

Have received a blood transfusion (not including your own blood) or organ transplant

(b)プラセンタをした

Have received human placenta injections

(c)、、マラリア、シャーガスにかかった

Have had syphilis, hepatitis C, malaria or Chagas’ disease

にいずれかにし、（メキシコをむがカリブはく）をれてから６していない（６しているはへおしください。）

If you’ve been away from Central or South America (including Mexico, but excluding the Caribbean) for less than 6 months and the following applies to you (if you have been away for more than 6 months please tell a staff member)

でまれた、またはった

You were born or raised in Central or South America

またはのがでまれた、またはった

Your mother, or you grandmother from your mother’s side of the family was born or raised in Central or South America

にして４、またはしたことがある

You've stayed in Central or South America for４weeks or more, or lived there

ジカウイルス（ジカ）とされ、１をしてない

If you were diagnosed with Zika virus and it hasn’t been more than 1 month since you’ve recovered

にするはにおしください

If the following applies to you please tell a staff member

３にを、した

You’re taking or have taken medicine within the last 3 days

１ににけた

You’ve had a vaccination within the last year

について

Regarding your history staying overseas

３に（ヨーロッパ、、カナダをく）にした

Within the last 3 years you’ve stayed in a foreign country (excluding Europe, America and Canada)

５５、ヨーロッパ、サウジアラビアに１した方

Since 1980 you’ve stayed in Europe or Saudi Arabia for a total of 1 month or more

にされないでも、によりをおりすることがあります。

Even if the above doesn’t apply to you, we may still refuse your blood donation during the medical interview.

２０１８１０

October 2018 version

におみください

Please read the following before you donate blood

に

Before donating blood

お、、、はにおえください。

Please accurately answer details like your name, date of birth, address and phone number.

めてをされるは、ごののため、などのをおいします。

If you're donating for the first time, please bring some identification like your driver’s license to confirm who you are.

にはにおえください。となるをされた、をけたさんになをもたらすがあります。

Please answer questions in the medical interview truthfully. There have been times when patients who have received blood transfusions have become seriously ill because people have not answered these questions truthfully.

にうのため、に（スポーツドリンク）をしてください。

To prevent any side effects from donating blood, please drink lots of fluids (water, sports drinks etc) before your donation.

にやしいスポーツ、のをされるはにおらせください。にりのをされるは、にな（３０）をおとりください。

If you’re going to do things like aerial work (using a cherry picker), playing intense sports or riding a bike after you finish donating blood please let someone know. In particular, if you’re going to drive or ride a bike after you donate blood please take a sufficient break (at least 30 mins).

は

When you donate blood

や（ヘモグロビン）をにします。

Before donating blood your blood pressure and hemoglobin level will be measured.

２００mL・４００mLでは１０から１５、ではにじてする（６００ｍLまで）がなりますので、４０から９０のがかかります。

If you're doing a 200ml or 400ml regular whole blood donation it will take around 10-15 minutes. If you’re donating other parts of your blood (platelets and plasma etc) depending on things like your weight and your donation amount (a max of 600ml) it could take between 40-90 minutes to collect your blood.

やバッグは、おーずついてとなっています。

Things like your blood donation needle and blood bag are single-use and will be disposed after your donation.

のにより、がされたり、いただいたがにできなくなることがあります。

If there is a failure with the machine collecting your blood or something else happens and your blood donation is interrupted, there have been times where we may not be able to use your donated blood for blood transfusions.

にうと

Be aware of the side effects from donating blood

のようながきたは、すぐににおらせください。

If the following symptoms happen to you, please tell a staff member immediately.

をしたときに、いみやしびれがある。

When they put the needle in, you feel a sharp pain or numbness/pins and needles.

やめまいのがある。

If you feel unwell or dizzy etc.

※ちがらず、そのままのでおらせください。

Without getting up, stay in your current position and let someone know.

やのしびれなどのがある。

If your lips or fingers feel numb or have pins and needles etc.

※ではがまらないように（クエンナトリウム）をしてるため、このようなをこすことがあります。

If you’re donating other parts of your blood (platelets and plasma etc) you may experience these symptoms because an anticoagulant (sodium citrate) is used to stop your blood from solidifying.

がある。

If you have a bruise.

をしたところに、がることがあります。

If there is mark where the needle was put in.

していただいたは

Your donated blood

// double check

をし、のにするのみ、にいたします。

Your blood will be used for blood transfusions only if it’s been inspected and meets the standards for blood based products.

// double check

のはなくとも１１し、によるやなどののためにします。

A small portion of your blood may be stored frozen up to 11 years and used to investigate things like the side effects or infectious diseases of blood transfusions.

のについて

About requesting blood donations

にさせていただく「のについての」にいただいたには、はがき、、メール、LINEより、さんになをするために、のごをおいするがあります。

For people that agreed to the requesting blood consent form at the reception desk, in order to supply the necessary blood products to patients, we may ask you to help via postcard, phone, email or LINE etc.

はのことをおいいたします

On the day you donate blood please do the following things

•••なくとも１０してからおりください。にりをされるは、そのにな（３０）をおとりください。

Breaks: after you donate blood take a break for at least 10 minutes before leaving. If you’re going to ride a bike or drive a car after your blood donation, please take a bigger break instead (at least 30 minutes).

// double check

•••で（２００mL）をし、をてからもジュース（スポーツドリンク）やおなどでなにめてください。

Hydration: please drink at least 200 ml of water at the blood donation centre, and after you leave please try to drink plenty of fluids (juice, sports drinks, tea etc) to keep hydrated.

トイレ•••のは、をこすことがありますのででってください。

Toilet: people have fainted urinating straight after donating blood, so please sit down when you go to the toilet.

、エレベーター•••できるだけすりにつかまってください。

Stairs, elevator: please hold onto the hand rails as much as possible when taking the elevator or stairs.

•••２のとのはけてください。

Bathing: please avoid taking a bath within two hours after donating blood or using a sauna on the day of your donation.

、•••はけてください。

Drinking alcohol, smoking: please avoid drinking or smoking straight after donating blood.

スポーツ•••、などしいスポーツはけてください。

Sports: please avoid intense sports like swimming or marathons.

•••のにいがかからないようにしてください。

Heavy labour: please avoid using the arm you donated with for hard work or physically demanding tasks.

をれてからも、がくなったりまれに“（にをなくすこと）”をこすことがあります！

Even after leaving the blood donation centre, you could feel unwell or, more rarely, faint (you may lose your consciousness for a moment).