

If you would like more details, or need to contact us please call us on 0845 30 17 2 70.

Alternatively please contact your local Donor Centre, details below: -

North of Scotland

Inverness
Blood Donor Centre
Raigmore Hospital
Inverness
IV2 3UJ
Tel: 01463 705 315

East of Scotland

Dundee
Blood Donor Centre
Level 8
Ninewells Hospital
Dundee
DD1 9SY
Tel: 01382 645 166

North East of Scotland

Aberdeen
Blood Donor Centre
Foresterhill Road
Aberdeen
AB25 2ZW
Tel: 01224 685 685

Glasgow & West of Scotland

Glasgow
Blood Donor Centre
8 Nelson Mandela Place
Glasgow
G2 1BT
Tel: 0141 357 7700

South East of Scotland

Edinburgh
Blood Donor Centre
41 Lauriston Place
Edinburgh
EH3 9HB
Tel: 0131 536 5360

Fainting Advice for Donors



FEELING FAINT

- It is important to be aware that some donors feel faint after giving blood. During blood donation 8 – 10% of the blood volume is removed. Most people are not affected by this reduction in their blood volume, but a few individuals adapt less well and consequently feel faint. We hope this leaflet will help explain why some donors feel faint after giving blood.

The effects of blood donation are aggravated by various factors: -

- People who weigh less than 7st 12lbs (50kg) are more likely to faint if they give blood because they lose relatively more of their blood volume than larger people. Therefore, in the interests of their own health and well-being, we advise them not to donate.
- People who smoke soon after giving blood are more likely to feel faint because of the effects of nicotine.
- People who take alcohol within a few hours of giving blood are more likely to feel faint because alcohol dilates the blood vessels. This causes less blood to be available to circulate to the brain leading to dizziness and fainting.
- Being in a hot room also causes the blood vessels to dilate and again can cause dizziness and fainting.
- Missing meals, not replacing fluids, rushing about, or vigorous exercise can also produce similar effects.

- Standing still for long periods of time can lead to pooling of blood in the legs, a situation similar to soldiers on parade. This reduces the amount of blood available to the brain, again causing dizziness and fainting.
- If you rush about, miss a meal, have a 'liquid lunch', a cigarette, or get overheated (e.g. have a hot bath or do aerobics) you may feel faint even if it is several hours after you gave blood.

IF YOU DO FEEL FAINT IT IS IMPORTANT TO: -

Tell a member of our staff if you are at a session.

If you have left the blood donating session:-

- Lie down, elevating your legs if possible (onto a chair or similar furniture would be fine) until the feeling passes. When you get up, do so slowly. If you still feel faint or the feeling returns, lie down again.



Feeling faint can happen to anyone. However, fainting can often be avoided by following our advice: -

- Follow the advice about resting after your donation.
- Take plenty of cold soft drinks.



- Do not smoke or drink alcohol within 2 hours of giving blood.
- Avoid rushing around, prolonged standing, hot environments, or vigorous exercise.

With these general measures, donors can minimise the chances of fainting.

If any problems persist you can obtain advice by telephoning us at the number on the back of the leaflet, or contact NHS Helpline on 0800 22 44 88 (7 days a week 8am-10pm).