

# What happens when I give blood?

The most important thing to say about giving your first donation is that it is not painful and should take less than one hour. The only thing you will feel afterwards is good about yourself!

When you arrive to give your pint, you will receive a warm welcome. Your details will be recorded, and you will be given a form to fill in which asks several health and lifestyle questions.

If you are a new donor, or have not given blood for 2 years or more, a nurse will give you a private interview to check you understand the form thoroughly. This is straightforward and will only take a couple of minutes.

Your haemoglobin level is tested to check your iron level is high enough for you to donate – a tiny finger prick!

Then it's on to a bed to start to give your pint. The length of time this takes depends on the individual, but most donors take about 10 minutes. You will be watched and cared for at all times by our friendly and helpful Donor Carers and nursing staff.

They will ensure you lie on your bed for 5 minutes after giving the pint, then it's time to relax and enjoy juice and biscuits.  
It's an easy way to save lives!

# Giving a donation of blood.

We want to make sure we are taking the best care of you. Please make sure you have eaten before donating. Whilst almost everyone between the ages of 17-60 can volunteer to give blood, please remember there are a few exceptions. There are 2 main reasons why you shouldn't give blood:

## 1. If giving blood could affect your own good health.

- If you are unwell on the day of donation e.g., with cold or flu
- If you are pregnant or have been pregnant within the last year
- If you have certain medical conditions or are taking certain types of medication
- If you have had surgery in the past 12 months
- If you weigh less than 7st 12lbs (50kg)

## 2. If your blood could transmit an infection to the person who receives it.

- If you have recently travelled abroad, particularly outside Western Europe or developed an illness shortly after returning from abroad
- If you have ever injected drugs
- If your lifestyle puts you at risk of HIV or hepatitis
- If you have had ear/body piercing within the last year
- If you have received, or think you may have received, a blood transfusion in the UK since 1980

**If you would like more details, or if you feel unwell after giving a donation, please call us on 0845 30 17 2 70.**

**GIVE BLOOD**

This publication can be made available in large print, braille (English only), audio tapes and different languages. If you would like further information, please contact: The Public Affairs Department, tel: 0141 357 7752.