



## Department of Health National Blood Transfusion Service

### Blood Donor Information

We thank you for coming to give blood today.  
Here are some things you need to know before donating blood.

#### Questions

- We will ask you a number of questions. The information you provide will help us provide safe blood to those people who need it. We trust that all the information you give is true. All the information will be kept confidential.
- Providing of false or misleading information can lead to severe penalties including fines or imprisonment
- If you have any questions, please discuss them with a staff member.

#### Why should I donate blood?

- The demand for blood is very high and our supply has been very low in all the hospitals throughout PNG.
- Blood is needed by mothers, children, those with cancers, those in accidents, those undergoing surgery and many more.
- The need for blood never stops. Blood donors save lives. Every blood donation gives the person who receives it a new chance at life.

#### Who can donate blood? Anyone who is;

- In good health
- 16-60 years of age
- has a minimum weight: 50 kg for males: 45 kg for females
- with blood pressure 100-140 and 60-90
- with pulse: 60-100/min
- **Blood Testing**

- Your blood will be tested for HIV, Hepatitis and Syphilis
- If collection is not successful, your blood will not be tested
- If your blood test is positive for the above infections, your blood not be used and will be discarded. The BTS staff will notify you to come in for further tests.
- If you do not want to donate, you have an option to leave.

#### Privacy Statement

- All information provided to us are CONFIDENTIAL.
- This information collected will enable us to register you as a blood donor.

#### Every time you Donate

- Bring an ID photo if you have one
- Drink plenty of water 24 hours before you donate if the weather is hot or;
- Drink up to 3 glasses of water or any fluids preferably, an hour before you donate. You can ask the BTS staff to give you water to drink.
- Make sure you have eaten something before you come to donate
- Read carefully the questionnaire and fill it in but do not sign until the interview is over

#### What do I get in return for donating my blood?

- Blood is donated freely and voluntarily without any payment or reward of any kind.
- It is an act of goodwill towards a fellow human being.

### **What is the procedure when I donate blood?**

- After answering the questions including personnel questions on sexual behavior, and the staff have found that your blood will not be harmful to the patient, your blood pressure and pulse will be checked.
- Then a finger prick test will be done to determine the level of hemoglobin (if you have enough blood for yourself and the patient). If you have satisfied all the requirements, then you will proceed to donate.

### **How long does the donation take?**

- The donation will take approximately 30-45mins after which you are advised to lie in bed for a few minutes and then take some light refreshments.

### **Does the needle hurt?**

- No. There will be a sting when the needle is inserted, but there should be no pain whatsoever during the donation.

### **Is it possible to get HIV/AIDS from donating blood?**

- No. All equipment used in blood collection is sterile, used only once and discarded.
- If you test blood that is donated, why do you have such lengthy donor selection process?

### **How long will it take my body to replenish the donated blood?**

- Your body replenishes the blood volume (plasma) within 24 hours. Red blood cells are replaced within 3-4wks and the lost iron in 6-8wks.

**Help us promote safe blood donations!!**

### **How will I feel after the donation?**

- Most people feel great because they know their blood when received will save a life.

### **Can I donate during my menstrual period?**

Yes if you are feeling well.

Though in PNG, many women are discouraged from donating at this time.

### **How soon after donating do I participate in sport?**

- It is best to eat snack and drink plenty of fluids over the next 4 hours.
- If you feel like fainting or are weak, do not engage in any strenuous activity, or you should take rest and defer till the next week.
- Also note that many active sports people are regular blood donors.

### **What is a unit of blood?**

- A unit is about 450mls of blood. Those small in size can donate 300mls.

### **How often can I donate blood?**

- Each person can donate regularly. Men can donate every 3 months and women, every 4 months.

### **Why we ask you such personnel questions during the donor selection process?**

- This process is very important to identify those donors who are at a greater risk of transmitting blood-borne infections.
- All donor selection measures must meet stringent regulatory requirements to protect and safeguard our blood supply.

### **Blood donation is extremely safe**

- However, some problems may occur during or after a donation.
- These problems are very uncommon but we ask you to read this information so that you will know what to do, if they happen