

Why do we need to give blood?

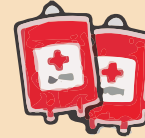
- We can't refuse that blood plays a vital role in saving human life. We need blood donations every day to treat patients. We have to provide it to the hospitals and patients who need it. Moreover, donating blood is the right thing to do for helping people.

Benefits of Blood Donating

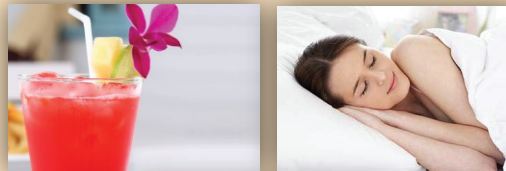
- Blood donors get free health check-up, and blood donation help burn calories. Importantly, you could help save lives.



Preparation before donating blood



- Donors must get enough sleep before donating blood.
- Avoid smoking before and after donating blood for 1 hour.
- Drink plenty of water followed by fruit juice or sweet drink before donating, but avoid alcohol.
- Avoid eating high cholesterol food such as coconut milk, fried and sweet food.
- Wear comfortable clothing and avoid tight sleeves.



Donation Processes

Step 1 : Registration

You will be asked to complete a donor registration form and will be asked to show a donor card or ID card.

Step 2 : Pre-Donation Screening

Answer some questions about your health to confirm that you are fit to make a donation. Get check your temperature, pulse, blood pressure, and your blood hemoglobin level checked to ensure that you can donate.

Step 3 : Donation

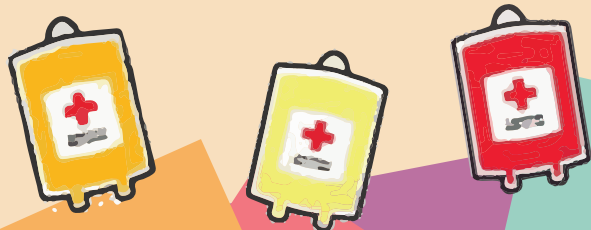
A healthcare profession will clean an area on your arm, and a professional will use a blood donation kit to draw blood from a vein in your arm. The donation takes about 5 to 10 minutes. After that, the staff will place a bandage on your arm.

Step 4 : Refreshment

- After the donation, you are advised to rest for 10 to 15 minutes or have some snack and something to drink before resuming normal activities.

After Donation

- You should continue to drink water throughout the day. If you feel light-headed, lie down until you feel better. Moreover, if bleeding occurs after removal of the bandage, raise your arm for three minutes. Donors should avoid lifting or pulling any heavy objects for about five hours. Smoking and alcohol consumption is not recommended after donating.



How to Get in Touch

- If you have any questions concerning your donation, please kindly contact or come to the National Blood Centre at your convenience.
- The office hours of the Centre are as follows.

Monday, Wednesday and Friday 08:00 – 16:30

Tuesday and Thursday 07:30 – 19:30

Saturday, Sunday and national holidays 08:30 – 15:30

Telephone 02 256 4300, 02 256 1637



Blood Donation

YOU DON'T NEED TO BE A DOCTOR TO SAVE LIVES

“JUST DONATE BLOOD”

