

## **Information for New Donors**

### **General Advice**

- Drink plenty during the day and eat a small snack before donating.
- It is safe to drive after a 30 minute rest.
- Avoid standing for a long time after donating. Sit or lie down if you feel dizzy.
- Avoid strenuous activity after donating (e.g. sauna, diving, climbing or flying), and avoid high-performance sport for two days.
- Keep the pressure bandage on for at least two hours after donating. Rest your donation arm.

### **Information about Donating**

- If you fulfil our donation criteria, you may donate up to four times a year. You will be sent an invitation, together with the medical questionnaire and information sheet, by post.
- During the donation 450ml of blood will be taken. We only use sterilized disposable material, eliminating any risk of infection. The donation takes approx 10 – 12 minutes. Experienced medical staff will look after you all the time.
- The first time you donate you should allocate approx one hour of your time.
- Each donation will be tested for HIV, hepatitis B, hepatitis C and syphilis. Your blood group will also be tested. The first time you donate your blood will also be screened for antibodies. You will be contacted within 4 weeks by phone or by letter if any of your test results are abnormal. We won't contact you if your results are normal.
- If you fall ill within a week of donating, please get immediately in contact with our call centre in Schlieren (Tel. 058 272 52 52).

### **Rare Complications when donating blood**

- In very rare cases, the following complications are possible when donating blood:
  - Damage to a nerve or blood vessel with a haematoma (bruising with possible swelling)
  - Local infection at the puncture site (pain, inflammation)
  - Circulatory problems (with dizziness, nausea, tiredness and fainting)
- These are normally temporary problems. In very rare cases, complications may be long lasting or permanent. If you are concerned about lasting discomfort, please contact either your donor centre or our Service Centre in Schlieren (058 272 52 52)

**On behalf of the patients, we would like to thank you for being prepared to donate blood.**

Head Medical Department, January 2013

