

## What you **need to know** about giving blood

**Meet Howard.** Howard loves making music and donating blood. He feels great knowing each time he donates he saves 3 lives.



### Why give blood?

Blood is vital to life and, for many people, blood donors are their lifeline. Currently, only 1 in 30 Australians gives blood, but 1 in 3 Australians will need blood in their lifetime.

Every type of blood is important. Because type O is the most common blood type it is also the most needed. Type O negative is particularly valuable because in certain emergency situations it can be used when the patient's blood type is unknown.

Modern processing techniques mean that a single blood donation, when separated into its components, can help at least 3 different patients and contribute to making up to 22 different products (including potentially life-saving immunisations for chicken pox, hepatitis B and tetanus).

### Where can you give blood?

Knowing the benefits, you can be proud of the importance and value of your life-saving donation.

Just call us on 13 14 95 or visit our website [donateblood.com.au](http://donateblood.com.au) to find out the location of your nearest Blood Donor Centre.

You can be certain that when you give blood you are really making a difference to someone's life.

### Are there times when you shouldn't give blood?

There may be times when you cannot give blood and you will be deferred temporarily. Some reasons for temporary deferral are: colds and flu, illness or operations, certain medications including antibiotics, pregnancy and recent major dental work.

If you are unsure about your eligibility, Blood Service staff are able to answer most general enquiries over the telephone. Simply call us on **13 14 95**.

### Who can give blood?

Giving blood is a relatively simple and very rewarding experience. Most people are able to give blood if they:

- are fit, healthy and not suffering from a cold, flu or other illness at the time of donation
- are aged between 16-70 years (in QLD and WA 16-17 year olds require parental consent)
- weigh more than 45kg (16-17 year olds need to weigh more than 50kg)
- Have plenty of liquid in the 24 hours before donation, especially in warmer weather, and drink at least 3 good-sized glasses of water/juice in the 3 hours before visiting the donor centre
- eat something in the 3 hours before donating
- bring ID. At least one form of photo identification



## What happens when you give blood?

### Arrival

On arrival, you will be welcomed by our staff and asked to complete a Donor Questionnaire. This form asks questions about your general health and is completely confidential. It is designed to protect both you and the person who receives your blood.

### Interview

Before you give blood, you will be interviewed by a trained staff member to assess your suitability. You will be given a quick 'finger prick' to check your haemoglobin level is within our acceptable range, and your blood pressure will be measured. Every time you visit the Blood Service a member of our professional staff will assess whether it is safe for you to give blood.

### Giving blood

Giving blood takes just 5-10 minutes. However, you should allow about an hour from time of arrival to departure, which includes time for your interview and refreshment.

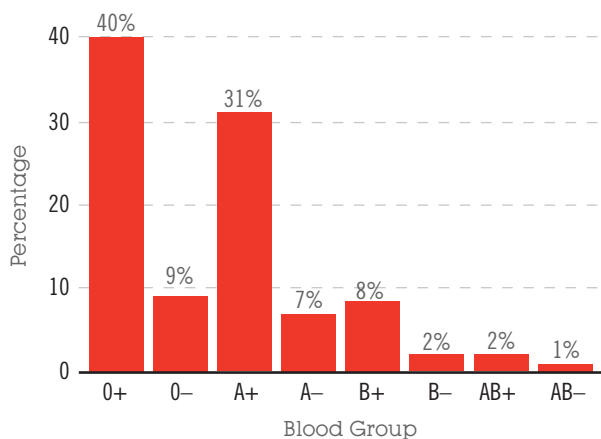
### Relax and refresh

After giving blood, you will be given your choice of something to eat and drink while relaxing in the refreshment area. Within 24-48 hours your blood volume is completely restored. Drinking extra water-based fluids before and after giving blood will help this process.

### Testing

To protect patients who receive blood, your donation is tested to determine your blood group and will be screened for HIV 1 & 2, hepatitis B & C, HTLV I & II and syphilis.

The graph below shows the 8 primary blood groups and percentage of the Australian population in each group.



## Is it safe to give blood?

All equipment is sterile; needles are used only once and then discarded. In the great majority of individuals, a donation of 470 mL is less than 10% of your total blood volume and may be given safely every 12 weeks. Your body keeps on discarding and replenishing blood all the time whether you give blood or not, so this amount is quickly replaced.

## Where does your blood donation go?

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| <p><b>Red Blood Cells</b><br/>for treatment of anaemia and bleeding after trauma or surgery</p>  | <p><b>Platelets</b><br/>for control and prevention of haemorrhage, often in patients with leukaemia and cancers</p>                                      |
| <p><b>Fresh Frozen Plasma</b><br/>to treat patients who have bleeding problems after trauma or liver transplants</p>                               | <p><b>Cryoprecipitate</b><br/>contains blood clotting factors and is commonly used in the treatment of massive bleeding</p>                              |
| <p><b>Zoster Immunoglobulin</b><br/>for the prevention of chicken pox or shingles</p>  | <p><b>Hepatitis B Immunoglobulin</b><br/>for the prevention of hepatitis B infection</p>   |
| <p><b>CMV Immunoglobulin</b><br/>for the prevention of CMV infection in transplant patients and treatment of CMV infection</p>                     | <p><b>Rh(D) Immunoglobulin</b><br/>for prevention of haemolytic disease in newborn babies of Rh(D) negative mothers</p>                                  |
| <p><b>Biostat (factor VIII)</b><br/>is used for the management of the inherited bleeding conditions von Willebrand's disease and Haemophilia A</p> | <p><b>Thrombotrol-VF</b><br/>is used for the management of some patients where medical conditions or medications cause the blood to clot too readily</p> |
| <p><b>Monofix-VF (factor IX)</b><br/>is used for the management of the inherited bleeding condition Haemophilia B (Christmas Disease)</p>          | <p><b>Prothrombinex-VF</b><br/>contains concentrated clotting factors that can be used to manage some bleeding disorders</p>                             |
| <p><b>Albumex-20</b><br/>for patients with kidney or liver disease</p>   | <p><b>Intragam P</b><br/>is used to reduce susceptibility to infections and manage many immune system diseases</p>                                       |
| <p><b>Albumex-4</b><br/>for treatment of patients suffering burns or shock due to blood loss</p>   | <p><b>Tetanus Immunoglobulin</b><br/>for the prevention and treatment of tetanus</p>   |
| <p><b>Normal Immunoglobulin</b><br/>for the prevention of hepatitis A, measles and poliomyelitis</p>   |  |
- Red Cells   
 ■ Platelets   
 ■ Plasma