



## Post Blood Donation

Dear Blood Donor,

Thank you for donating blood today. Your valued donation is a vital contribution to saving someone's life, and we sincerely hope that you have found it a worthwhile experience.

We would like to advise you to read carefully the following points for care after blood donation. If you have any enquiry regarding post-donation matters, please contact us at:

**T: 061 - 386300**  
**Monday - Friday**  
**07H00 – 16H30.**



The Blood Transfusion Service of Namibia, @NamBTService  
[www.bts.com.na](http://www.bts.com.na)



### **Over the next 48 hours:**

- Drink plenty of fluids to replenish the volume lost during donation

### **To prevent bruising of the venipuncture site and dizziness:**

- Avoid lifting heavy weights with the donation arm
- Do not participate in strenuous physical activities or sports after donation

### **If you feel dizzy, unwell or have cold sweats:**

- Take a seat or lie down immediately, preferably with your feet raised, until the feeling passes
- Loosen any restrictive garments
- Keep calm and take slow and long deep breaths (inhale through the nose and exhale through the mouth)
- Seek assistance from any passer-by or people near you
- If the condition does not improve or for any reason something does not feel right, call the number provided above (or visit a near-by health facility)

### **Care for the venepuncture site:**

- Keep the plaster on for at least two (2) hours after donation
- In uncommon situations where fresh bleeding occurs after the plaster is removed, put gentle pressure on the venepuncture site, raise your arm for 3-5 minutes
- Apply a bandage to the site. The bandage or dressing can be removed after 5 hours.
- If you notice bruising around the venepuncture site, it is usually caused by bleeding into the tissue underneath the skin. It will resolve in a week's time.
- If you feel pain or discomfort, applying a cold compression to the area may help. See our information pamphlet on Haematoma (Bruising) for more information.
- If the venepuncture site become swollen or blue or you experience pain or numbness in the donation arm, please call the number provided above or consult your doctor

### **Important Information:**

If any of the following situations occur, please contact NAMBTS immediately by calling: 061 - 386 325, Mon - Fri (07H00 – 16H30) or email [judith@bts.com.na](mailto:judith@bts.com.na)

- You believe that the blood you have donated might not be suitable for transfusion to a patient
- You would like to make any revisions to the information you provided in the donor questionnaire
- You develop jaundice, hepatitis, tuberculosis within 2 months of blood donation
- You are diagnosed with HIV within 3 months of blood donation

### **Please Note!**

When you call, NAMBTS will ask you to confirm your name and other personal details and will request you to provide information on the date and place where you donated blood to enable us to locate the donated blood unit. All information that you provide will be kept strictly **CONFIDENTIAL**. Your cooperation is of the utmost importance to your health as well as to the safety of the recipient of blood.

