

GUIDELINES FOR BLOOD DONORS

(Source of Information: www.indianbloodbank.com, Feb. 2015)

(a) Eligibilities

- Any donor, who is healthy, fit and not suffering from any transmittable diseases can donate blood.
- Donor must be 18 -60 years age and having a minimum weight of 50 kg can donate blood.
- Donor's Hemoglobin level is 12.5% minimum.
- A donor can again donate blood after 3 months of last donation of blood.
- Pulse rate must be between 50 to 100mm without any irregularities.
- BP Diastolic: 50-100 mm Hg and Systolic: 100-180 mm Hg.
- Body temperature should be normal and oral temperature should not exceed 37.5 degree Celsius.

(b) Non-Eligibilities

- Donors should not suffer from cardiac arrest, hypertension, kidney alignments, epilepsy or diabetics.
- Ladies with a bad miscarriage should avoid donating blood for the next 6 months.
- If donor already donated blood or have been treated for malaria within the last three months.
- If donor has undergone any immunization within the past one month.
- If donor has consumed alcohol within the last 24 hours.
- If donor is HIV+.
- If donor plans to have a dental work during next 24 hours and wait for one month if donor had a major dental procedure.

(c) Preparation

- Prepare yourself by having enough fruit juice and water in the night and morning before you donate blood.
- Avoid donating blood in empty stomach. Eat three hours before you donate blood. Avoid fatty foods. Eat food which is rich in iron such as whole grains, eggs, spinach, leafy vegetables, orange and citrus.
- Don't consume alcohol or caffeine beverages before donating blood.
- Avoid donating blood for 6 months if you had any major surgery.

(d) Health Benefits of Blood Donation (Yes, blood donation is beneficial to your health!)

- *Your metabolism will improve with new blood cells once you donate blood.*
- *Donation of blood helps you to burn out calories and re-energize your body.*
- *It helps in fighting hemochromitosis.*
- *It will reduce iron level in blood and reduce the risk of being exposed to cancer and heart attack.*