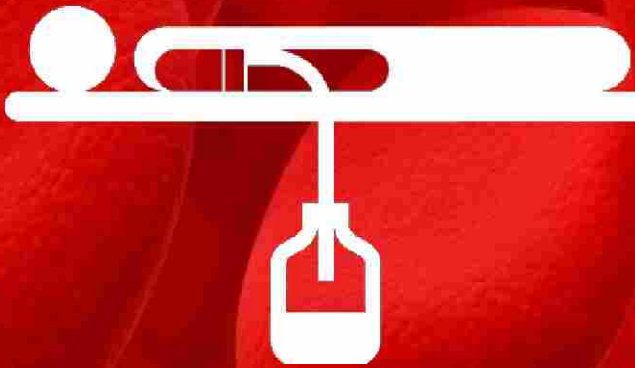


BLOOD DONOR'S GUIDE



Sankalp India Foundation



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Know more

Top 10 mistakes to avoid when you donate blood

Health benefits of donating blood

Nutritional advice for anemic who wish to be blood donors

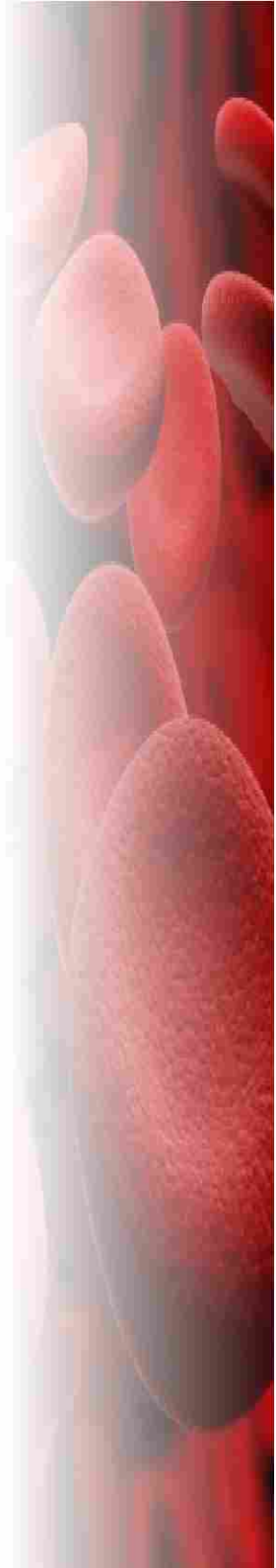
Platelet Apheresis - A Complete Guide

Why donate blood?

FAQs: Donating blood

FAQs: Platelet Donation(Apheresis)

FAQs: Basics about blood biology



Voluntary Blood Donation

- ◆ The safest blood is one donated by voluntary blood donors
- ◆ Other sources are : Relatives (medically proven to be unsafe) and Professional donors (who donate for money or other benefits)
- ◆ “Voluntary blood donation programme is the foundation for safe and quality Blood Transfusion Service” – National AIDS Control Organization
- ◆ WHO strongly recommends voluntary blood donation.

The blood you donate can be separated into 3 components. Thus by one donation you can save three lives



Why should I donate blood ?

- ◆ There are more than 1000 children suffering from Thalassaemia Major in the city. They need blood transfusions once every month on an average, throughout their lives. Then there are cancer patients, surgery cases, women in childbirth, accident cases – all of whom need blood. They will get blood only if you donate blood.
- ◆ India ranks 82nd in voluntary blood donation index with only 50% of blood being donated voluntarily. The state of Karnataka has only 55% of blood donated voluntarily. West Bengal has 90%, Maharashtra has 82% and Tamil Nadu has 79%
- ◆ If only 1% of Indians donated blood regularly, there will never be a shortage in our country
- ◆ 9 out of 10 people will need blood transfusion at some point in their life



All it takes is 30 minutes to donate blood. Then you can resume your daily work.

Sankalp India Foundation

- ◆ Voluntary organization comprising of students and young professionals
- ◆ Working since the year 2003 to help people in the search for blood and has never dropped a request so far. Requests come in from all over the country
- ◆ Networked all major blood banks in Karnataka to our hour helpline, 9480044444. So a person looking for blood now calls this number
- ◆ Conducts well planned, safety and quality adherent blood donation drives in professional organizations. Collected more than 25000 units in about 6 years time

The volume of blood that you donated is replaced by your body in 24 hours

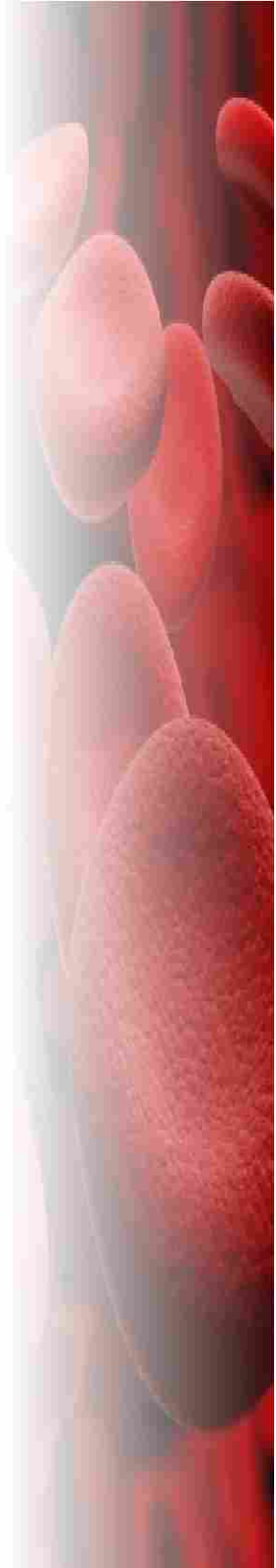


Blood banking in Karnataka

- ◆ Every 60 seconds somebody in Karnataka needs blood
- ◆ Karnataka needs about 1600 units of blood everyday
- ◆ About 50-55% blood is through voluntary donations.
- ◆ Students are the biggest source of voluntary donors
- ◆ Poor planning of blood donation drives. Huge inflow on days of national importance and hardly any at other times
- ◆ Requests for negative groups are a challenge to satisfy during all seasons.



*Let's give life a
better chance*



Pre-Donation

What are the things to check before donating blood?

- ◆ Ensure that you have slept well the previous day
- ◆ Drink a lot of water and have eaten something substantial and healthy in the last 3-4 hours before donating blood.
- ◆ Do not smoke within 2 hours of donating.
- ◆ Do not consume alcoholic drinks within 12 hours of donation
- ◆ Relax!

What are the eligibility criteria to donate blood?

- ◆ Ensure that you have slept well the previous day
- ◆ Age: 18-60 years
- ◆ Weight: At least 45kgs for men as well as women
- ◆ Well-Being: Must feel healthy that particular day (i.e. must not have a cold or cough or must not be on any medication)
- ◆ Haemoglobin: Minimum 12.5 gm/dl

**Karnataka has
just 55% voluntary
blood donation**



Process of giving blood

Giving blood is a very simple and straight forward process.

- ◆ On arrival at the camp site, you will be asked to fill a few details on a donor form.
- ◆ After you pass this simple medical screening process, you will be escorted to a blood donation area. The actual blood donation takes about 10 minutes.
- ◆ While the blood is being taken you must keep pressing the sponge provided. That ensures good blood circulation.
- ◆ Please do not get up immediately after donating blood. You must allow the blood flow in the body to normalize by lying down for 5 more minutes. This also prevents dizziness.
- ◆ This is followed by a little refreshment.
- ◆ Please do not forget to collect your certificate of appreciation.
- ◆ You can resume with your daily work immediately after donation.
- ◆ The blood you donate is tested and separated into components before being made available to the patients.
- ◆ Any abnormality found is reported to you if you have chosen to receive the same.



**Say 'NO' to
professional blood
donors**

Post-Donation

- ◆ Eat and Drink something before leaving.
- ◆ Drink more liquids than usual in next 24 hours.
- ◆ Avoid consuming alcohol for the rest of the day.
- ◆ Don't smoke for next 2 hours.
- ◆ If there is bleeding from the phlebotomy site, raise the arm and apply pressure.
- ◆ If fainting or dizziness occurs, either lie down or sit with the head between the knees.
- ◆ Resume all normal activities if no symptom occurs. Remove bandage next day.
- ◆ Do not take stairs immediately.
- ◆ Do not go for any rigorous exercise for next 24 hrs especially lifting heavy weight from the ground after you donated blood.

**Gift another smile,
Another laugh,
Another chance.**



Health benefits

Blood donation gives a proud feeling of touching someone's life in a beautiful way. Its an experience that no words can define. You have to donate blood yourself to find out.

By keeping the blood line flowing, you will greatly contribute towards a healthier, happier society. Do remember, any one may require blood any time including ourselves and our dear ones.

- ◆ Blood donation is good to reduce the chance of heart diseases
- ◆ Enhance the production of new red blood cells
Helps in fighting hemochromitosis
- ◆ Burns calories Invigorated feeling in elderly people
Basic blood test is done
- ◆ It reduces the chances of ischemic heart diseases (beginning of heart problems) as frequent donations reduce the accumulated and unwanted iron load from the body.

Only 38% units of blood are collected in the developing world where 82% of the world's population lives



Myths vs. Reality

Can I get any disease like AIDS or Hepatitis or any other disease by Blood donation?

That is impossible. Only sterile disposables are used to collect your blood. These disposables can be used only one time. This totally eliminates any remote chance of catching any disease from blood donation.

Any side effects of Blood donations?

No! Not really. Do ask any regular blood donor about it. A small percentage of first time donors may psychologically feel a little dizzy but only for a few minutes. Staff at the blood drive will ensure that your first blood donation is a happy experience. We are sure this will make you a regular blood donor. In fact there are many people who have donated more than 100 times in their life time.

**Reduce your
chances of heart
attack by regular
blood donation**



All about Hemoglobin

Haemoglobin is the iron-containing protein attached to red blood cells that transports oxygen from the lungs to the rest of the body. Haemoglobin bonds with oxygen in the lungs, exchanges it for carbon dioxide at cellular level, and then transports the carbon dioxide back to the lungs to be exhaled.

Possible reasons for low levels of Hb

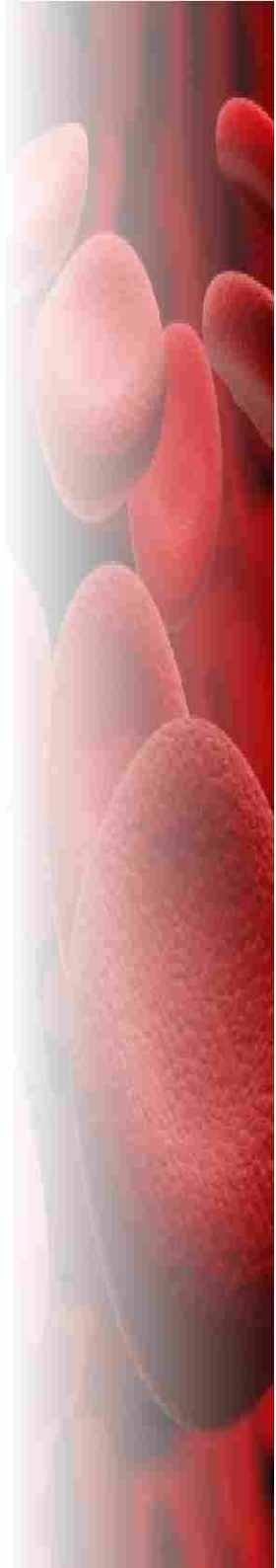
- ◆ Malnutrition and nutritional deficiencies of iron, folate, vitamin B12, vitamin B6
- ◆ Red blood cell destruction due to a transfusion reaction
- ◆ Haemorrhage (bleeding)
- ◆ Lead poisoning
- ◆ Excessive intake of fluids (over hydration temporary dilution of haemoglobin level)

Possible reasons for higher levels of Hb

- ◆ Congenital heart disease
- ◆ Lung diseases like cor pulmonale and lung fibrosis
- ◆ Polycythemia vera or increased RBC formation due to excess of erythropoietin.



***Add milestones
in your life by
donating blood***



More Facts

How much Blood can I donate?

Eligible donors (any body between 18 to 60 years of age and leading a healthy life) with weight above 50 kgs can donate up to 450 ml of blood. Your body can replenish this volume within 24 hours.

The amount of blood which can be donated is based on the weight:

45 - 56 kgs: 350 ml.

More than 56 kgs: 450 ml.

How often can a person donate blood?

Whole blood donors may give once every three months in order to allow plenty of time to replenish their red cells. Apheresis platelet donors can donate more frequently, as much as every seven days, up to 24 times per year, because the platelet and plasma components are replaced in the body more quickly than red cells. Blood volume or plasma is replaced within 24 hours. Red cells need about 4-5 weeks for complete replacement.

**India has 45%
voluntary blood
donation**



Can I help the blood transfusion service in some more ways?

Yes!. If only 3% of our people started donating blood regularly, there would be no blood shortage. You can help in a big way by promoting voluntary blood donation. Encourage your friends, family members and colleagues to come forwards and donate blood regularly. Whenever possible arrange for a blood donation camp. If we achieve 100% voluntary blood donation, then blood transfusion will become safer and much better.

If I was told that I cannot donate blood today, does that mean I can never donate blood?

No!. Most of the reasons for asking a donor not to donate are based on temporary medical conditions. There are some medical problems which have a defer period in which you will not be allowed to donate blood. It is best to ask the staff and find out when next will you be in a position to donate

***Average human being has 16 ml
extra blood per kg
of his body weight***



Why blood components should be preferred ahead of whole blood?

In modern medicine there is no room for whole blood. Developed countries have switched over to blood components for more than 20 years. Unfortunately in India still 95% of the blood is used as whole blood. By making blood components, all the useful parts of blood can be used. In whole blood, platelets die and clotting factors become ineffective and the patient receives unwanted and ineffective components.

What is Bombay Blood Group?

The Bombay blood group is a rare exception to the commonly accepted ABO blood types. It is observed to occur in 1 out of every 250,000 people except in parts of India where the incidence has been observed to be as much as 1 in 17600.

**Do something
amazing today**



Platelet Apheresis

Platelet Apheresis is a process by which one donates only platelets instead of whole blood.

Until recently, the only way to collect enough platelets for a single transfusion was to take blood donations from 5 to 10 donors, separate the platelets from the other blood cells, and combine the platelets to obtain a large enough quantity for transfusion. Today, sophisticated medical equipment blood cell separators can collect enough platelets for transfusion from a single donor. Using a technique called apheresis, blood is drawn from the donor's vein into an apheresis instrument, which separates the blood into separate portions by centrifugation.

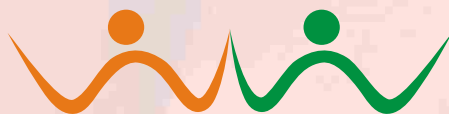
By appropriately adjusting the instrument, a selected portion of the blood, such as the platelets, can be recovered, while the rest of the blood is returned to the donor either into the same vein or into a vein in the other arm.

This process takes more time than whole blood donation, but the percentage of platelets is much greater. It is a simple, safe process very much like regular blood donation. In fact, your body starts replenishing platelets immediately after your donation. Within 48 hours, your body's platelets should be completely replenished.



***Let your blood
run in others'
veins too***

Hidden behind the smiles on the faces of all the children whose images you saw on various pages of this guide, is the pain and suffering associated with **thalassemia**. They need **blood transfusion** each month to survive. Regular voluntary **blood donors** are their only hope for a long and fulfilling life.



For More Information

Call: 9880132850

Visit: www.sankalpindia.net

Mail: sankalp.admin@gmail.com



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