

FAQs about Blood Donation

Q1. Who all can donate blood?

Ans- Any healthy individual in the age group of 18-65 years who is declared fit, after a detailed medical history and a brief medical examination, for donating blood, without accepting in return any consideration.

Q2. Why am I asked so many personal questions when I give blood?

Ans- It is to ensure the safety and quality of blood component. It reduces the likelihood of an infectious unit - protecting the recipient. The elaborate questionnaire not only eliminates the donor at risks or at early stage of infection but also reduces potential occupational risk to the staff. So it ensures that it is safe for patients to receive your blood and that it is safe for you to donate blood.

Q3. How long does a donation process take?

Ans- For a whole blood donation, it is about 8-10 minutes. For plateletpheresis donation, the collection can take up to 2 hours. After that, you will be offered some refreshments to allow your body to adjust to the slight decrease in fluid volume.

After 20-25 minutes you can then leave the donation site with the feeling of accomplishment knowing that you have helped to save lives.

Q4. Will inserting the needle hurt much?

Ans- No, not much. It will just feel for a moment, like a prick.

Q5. What precautions should I take after donating blood?

Ans- Drink more fluids in the next 24 hours.

- Avoid exertion, long driving and lifting heavy weights.
- Do not smoke for half an hour.
- Do not take alcoholic drinks for at least 6 hours.
- If there is bleeding, raise arm and apply pressure.

- If you get a bruise: Apply ice to the area intermittently for during the first 24 hours. Thereafter, apply warm fomentation to the area intermittently for 10-15 minutes. There may be a series of colour changes in the area and the original colour may resume in 10 days.
- If there is feeling of faintness or dizziness, lie down with head end lower than the foot end and raise your feet. If symptoms persist, consult the doctor.
- Remove the bandage/band-aid after 5-6 hrs

Q-6. How long does it take to replenish one unit of blood?

Ans- The volume is replaced within about 24 hours. Red cells need about three months for complete replacement. That's why at least three months interval should be present between two consecutive whole blood donations.

Q-7 Is it safe to donate blood? Can I get HIV by donating blood?

Ans- Donating blood is a 100% safe process. Each donor's blood is collected through a new, sterile needle that is used once and then discarded. You cannot contract HIV or other viral disease by donating blood.

Q-8 Is my blood used as such or is it processed in any way?

Ans- Each blood unit is processed into several components (e.g., red blood cells, plasma, platelets and/or cryoprecipitate). A single blood donation may help up to three different people.

Q-9 What all infections are tested before my blood is released to the patients?

Ans- By Drugs and Cosmetics Act 1940, it is mandatory to test for five TTIs –transfusion transmissible diseases that is HIV, HCV, HBsAg, Syphilis and Malaria.

Q-10 What is plateletpheresis donation?

Ans- Apheresis is the process by which platelets and other specific blood components (red cells or plasma) are collected from a donor. This process is accomplished by using a machine called a cell separator. Blood is drawn from the donor and the platelets, or another blood component, are collected by the cell separator and the remaining components of the blood are returned to the donor during the donation