

GIVING A DONATION OF BLOOD

N44/20/169

Donors must be:

- between 18 and 60 (first donation)
- in normal health
- at least 8 stones in weight

*He says this is strange
it's anything I have seen
before.*

GRO-C

19/3

Health Check:

Before we accept your donation we must be sure that giving blood will not harm you. We must also make sure that your blood does not contain anything that would harm a patient.

We will not take a donation of blood from you if you have had:

Infective hepatitis (jaundice)	within 1 year
Close contact with Jaundice	within 6 months
Acupuncture (except at hospital clinic), blood transfusion, tattoo or ears pierced	within 6 months
A major accident or surgery	within 1 year
A baby	within 1 year
Treatment with antibiotics	within 3 weeks
Inoculations or vaccinations	within 2 weeks for poliomyelitis vaccine within 3 weeks for smallpox/yellow fever

AIDS

It will not be possible to accept your blood on this occasion if you have had symptoms which could suggest AIDS (Acquired Immune Deficiency Syndrome) or if you are in a group with an increased risk of AIDS. AIDS is a rare but very serious disease which may occasionally be transmitted by blood. A leaflet about AIDS is available at the Donor Session or by telephoning the Blood Transfusion Service.

Donating:

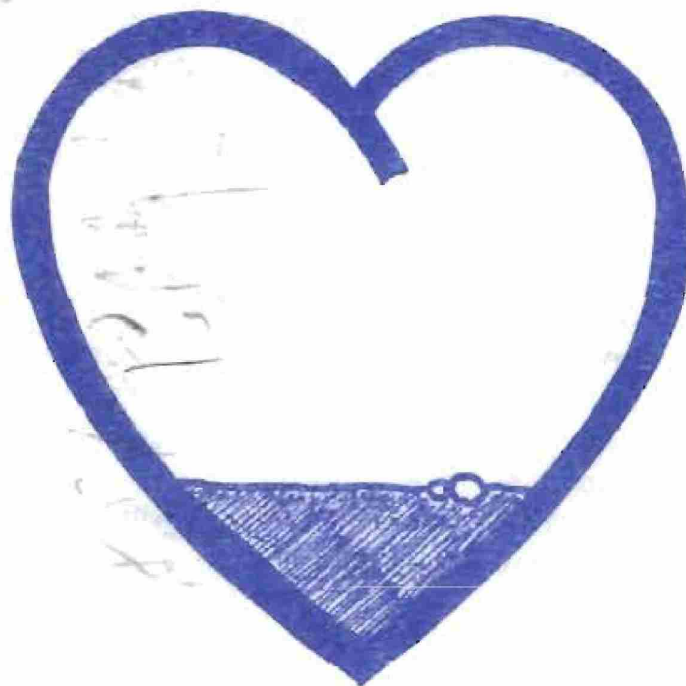
- a drop of blood is taken from your finger to check if you have sufficient iron
- a small local anaesthetic is given
- a needle inserted painlessly and 450 ml. ($\frac{3}{4}$ pint approx.) of blood is withdrawn
- this takes only about 5 minutes

Resting:

- you relax for 5/10 minutes, then have refreshments

Some General Information:

- we suggest donors leave 4 - 6 months between donations
- the fluid (plasma) portion of the blood loss is completely replaced within 12 hours
- the red cells are replaced within 4 - 6 weeks, but the normal individual has a reserve which is more than enough for ordinary requirements
- a sample of your blood is tested to determine the ABO and Rhesus groups. The sample is also screened for the possible presence of hepatitis and of antibodies.
- your Donor Registration book, which gives you your blood group and your unique registration number, will be sent out a few weeks after you give your donation.



**THE BLOOD
TRANSFUSION SERVICE
WOULD LIKE TO
APPEAL TO YOU FROM THE
BOTTOM OF ITS HEART.**

THE BLOOD TRANSFUSION SERVICE WILL BE AT:

DREGHORN LOAN HALL, COLINTON (off Woodhall Road)

on MONDAY, 26th MARCH, 1984

2.00 p.m. until 4.00 p.m. and 5.30 p.m. until 7.30 p.m.

Mrs. E. Courtney, GRO-C Edinburgh.

Honorary Organiser, Blood Transfusion Service.