

finger just to make sure you are not anaemic. If all is well, we will take your donation.

Everyone is concerned the first time they come through the door of a donation session, but most donors are pleasantly surprised just how soon it is over. In about 5-10 minutes we will have collected 440-470mls of blood (just under a pint).

Most people hardly feel a thing, and after a short rest, a drink and biscuits, you'll be up and about and ready to go.

Naturally, we carefully control how we collect blood. Only trained staff, under the supervision of registered practitioners, can take blood donations.

All equipment used in the collection of your blood is new and sterile and never re-used, so you don't have to worry about health risks in the collection of your blood.

While infections are very rare in people who have given blood, you should ring the donor helpline on 650637, Mon - Fri 9am - 5pm, as soon as possible, if you become unwell (except for a cold) in the 2 weeks following your donation, or if you believe there is a reason that your blood should not be transfused to a patient.

We hope you will find your first donation a pleasant and worthwhile experience and that you will become one of our regular and very valued donors.

All questionnaires are treated in the strictest confidence

Becoming a blood donor really is very simple. If you would like more information or advice, or you want to enrol to become a blood donor, ring our donor helpline on:

Tel: 650637 Mon - Fri, 9am - 5pm

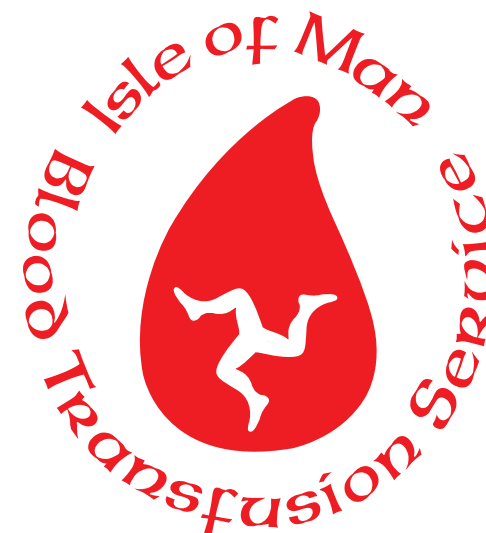


Kiarail Vannin

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Become a Donor

If giving is in your blood,
please help



manx care

Kiarail Vannin

Isle of Man Blood Transfusion Service
Pathology Department
Noble's Hospital, Braddan, Isle of Man IM4 4RJ
Telephone: 01624 650637
Web: www.givingblood.im
www.gov.im/dhsc

Register today

I would like to enrol as a blood donor

Full name (Mr/Mrs/Miss/Ms/Other)

.....

Address:

.....

.....

..... Post Code:

Home Tel. No:

Work Tel. No:

Mobile No:

Date of Birth:

E-mail:

In what area would you like to donate:

Douglas Ramsey Peel

Castletown Port Erin

Please note:

You may be called to donate at Douglas for your first donation.

Return to:

Isle of Man Blood Transfusion Service

Pathology Department

Noble's Hospital

Braddan, Isle of Man IM4 4RJ

www.givingblood.im

Why do we collect blood donations?

Throughout medical history it has been proved that blood and its by-products have played a vital role in saving lives. Most donors do not realise what we use their donations for. The blood we collect is not just used for emergency operations or accident victims. So many patients could not survive without blood transfusions, such as anyone having a kidney, liver or other organ transplant; leukaemia and cancer patients; patients having cardiac operations and many premature babies just cannot survive without blood transfusions.

When you give blood, you'll be doing one of the most amazing things anybody could dream of - saving a life.

The need for blood never stops.

Every minute of the day someone somewhere needs blood. They're counting on people like you to make sure that blood is there when they need it. And that's why we need people to give blood, 3 times a year if they can.

You can enable someone to receive a desperately needed transfusion. Some operations for instance, require literally pints and pints of blood. Or, just as importantly, components extracted from blood, such as plasma, can play a key role in a range of procedures, such as treating burns or preventing infection.

As new treatments are developed for cancer, etc and more operations carried out, hospitals throughout the country need more blood, all year round. For example, the National Blood Service, which covers all of England and North Wales, needs nearly two and a half million blood donations each year to help the NHS save lives.

In the UK only 4% of eligible donors give blood.

We need all types of blood - not just rare ones. In fact, the more common the blood type, the more we need.

So even if your blood is one of the most common types - group O, for example - you can be sure that donating regularly, three times a year, you really are doing something amazing.

Who can give blood?

Most people can give blood. If you are generally in good health, between the ages of 17 and 70 and weigh at least 7st 12lbs (50kg), you could start giving blood today. And when you do, you will see how easy it is to save someone's life.

A confidential health interview helps us be sure that you are fit to give blood and that your blood will be safe for the patients who receive it.

And even if there are health reasons why you can't actually give blood, you can still help do something amazing, for example, by encouraging your family and friends to donate.

As well as checking that you are not anaemic, we will also need your agreement to be allowed to test your donation later.

This will tell us your blood group and enable us to screen for any infection. If the tests reveal a problem, we will inform you in the strictest confidence and advise you who to consult.

What does blood donating involve?

We will write and invite you to a donation session. We will send you a Donor Health Check to complete and bring with you. It's a simple questionnaire about your lifestyle, travel and medical history that ensures giving blood is safe for both you and the patient receiving your blood.

Before you donate, you should always drink plenty of liquid (but not alcohol). You should eat regular meals - and let us know if you've missed a meal or are on a diet.

Your session will last about an hour in all. When you arrive, we will ask you a few routine questions about your health. If it's your first visit, these will be quite detailed, but for a regular donor it's a much shorter interview. It's very important - for your own well-being and that of patients who receive your blood - to answer these questions fully and honestly. We will then take a drop of blood from your