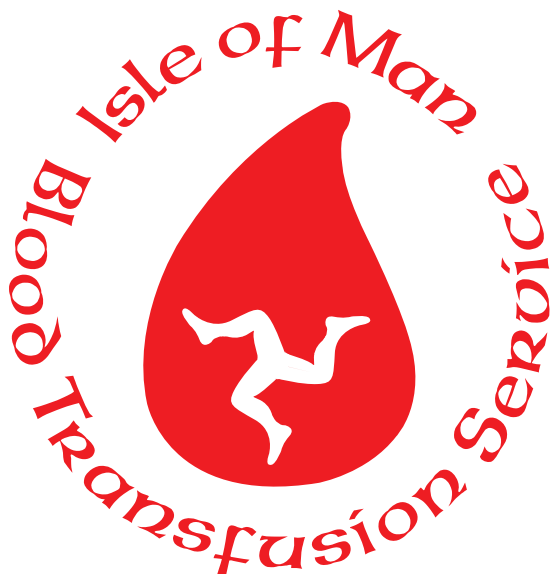


Blood Donor Information



Welcome to the Isle of Man Blood Transfusion Service.

Thank you for wanting to give blood. Your donation is a valuable gift of life.

Blood transfusion is very safe for patients because we take great care in choosing our donors.

Help us to keep it safe by reading the **Blood Safety Information** **before** you decide if you should give blood. You will be asked to sign that you have read and understood the contents.

We hope you have a pleasant experience here today. Please be sure to read the information in this booklet carefully, and if you have any questions, don't hesitate to ask one of our staff.

You can talk confidentially to a nurse or a doctor at a session.

Thank you

Isle of Man Blood Transfusion Team

Blood Safety Information

Please read carefully

A doctor or nurse is here to speak with you if you have any concerns about giving blood.

You must **NOT** give blood if:

- You think you need a test for HIV or hepatitis.

You must **never** give blood if:

- You or your partner are HIV positive.
- You, your partner or close household contacts have hepatitis B or C (there are exceptions so please speak to a doctor or nurse at the session).
- You have **ever** received money or drugs for sex.
- You have ever injected, or been injected with non - prescribed drugs; even if once or a long time ago. This includes body building drugs.
- You are a man who has **ever** had oral or anal sex with another man, even if a condom or other form of protection was used.

You must **NOT** give blood for at least 12 months after you last had sex, even if you used a condom or other form of protection:

- Sex with anyone who is, or you think may be HIV positive, has hepatitis B or C.
- Sex with anyone who has **ever** received money or drugs for sex.
- Sex with anyone who has **ever** injected, or been injected with non-prescribed drugs, **even once or a long time ago**. This includes body building drugs.
- Sex with anyone who has or you think may have been sexually active in parts of the world where HIV is very common. This includes most countries in Africa and South East Asia (there are exceptions so please ask).
- If you are a woman, and had sex with a man who has **ever** had oral or anal sex with another man with or without a condom or other form of protection.

Each blood donation is tested for HIV, hepatitis B and C, HTLV and syphilis. Early stage of infection may not show up on testing, so we must take great care in choosing donors.

If you think you may be infected, you are putting patients' lives at risk.

Never give blood to get a test for HIV or hepatitis.

If you are worried about HIV or hepatitis you can speak in confidence to a nurse at the session, your own GP or contact the Genito Urinary Medicine (GUM) clinic by telephone **650710** for support and to get a confidential test.

If you cannot give blood today, we will explain why. If we find any infections in your blood, we will always tell you and offer advice and support.

If you need any information or have a query while you are at the blood donor session please speak with a member of our team. If you have a question at any time you can telephone our donor helpline **650637** Mon-Fri 9am - 5pm or email us at **givingblood.dhsc@nobles.dhss.gov.im**

The Donation Process

Registration

When you volunteer to give blood you will be asked to register with the Isle of Man Blood Transfusion Service (IOMBTS). We ask for your name, address, date of birth, telephone numbers and e-mail address. This information is entered on the IOMBTS computerised donor data base and used by us to communicate with you (e.g. to send invitation letters, text messages and e-mails to future donor sessions). Information related to you and your blood donations is stored securely on our database. If you have given blood before and your details are on our database, you will be asked to confirm that they are correct.

Health screening

Each time you attend to give blood you will be asked about specific aspects of your medical history and asked to fill in a health check questionnaire. We ask that you read the questionnaire and information provided thoroughly. Your honesty and accuracy in answering all the questions is essential for your own safety and for that of patients who will receive your blood. New donors, or donors who have not given blood in the past two years, will be interviewed by a doctor or nurse in an area that provides as much privacy as the setting allows. All the information you give us will be treated in the strictest of confidence.

You will be asked to declare:

- that you have read, understood and completed the health and lifestyle questionnaire and that all the information you have provided is true, accurate and to the best of your knowledge.
- that you have read and understood the **Blood Safety Information** and the **Blood Donation Information** and that to the best of your knowledge you are not at risk of any of the infections listed or of transmitting these infections.
- that you understand the nature of the donation process and the risks involved in giving blood, see section **Possible Complications of Giving Blood**.
- that you have been given the opportunity to ask questions and that you have received satisfactory answers to those questions.

Give consent to:

- proceed with the blood donation process
- for your blood to be tested for HIV, hepatitis and other infectious agents as listed in the **Testing Blood Donations** section
- for your blood to be used for the benefit of patients.

Agree to:

- should you develop any illness after donating that you will immediately telephone the donor helpline **650637** Mon - Fri 9am - 5pm. An illness may have consequences for the patients who will receive your blood.

Should you change your mind?

If you change your mind and decide that you would rather not donate, you can leave the session at any time. We will not put any pressure on you to donate but ask that you return your questionnaire to a member of staff.

Haemoglobin Testing

Haemoglobin (Hb) is found in the red cells. It contains iron and carries oxygen around the body and gives blood its red colour. Hb levels may vary from person to person. Men usually have higher levels than women and during summer months, Hb levels are often slightly lower.

We take a small drop of blood from your finger to make sure that your Hb is at the level we require before you give blood and to make sure you are not anaemic (i.e. short of iron).

If you do not pass the Hb test today we will advise you how long to wait before trying to give blood again, or if you should visit your GP.

If you have been unable to give blood in the past because your Hb level wasn't high enough, we may advise that you try to donate once or twice a year.

Giving Blood

After the health screening process, you will be shown to one of our donation beds where we will confirm the details on your donor record. A pressure cuff (tourniquet) will be placed around your upper arm to make the veins more prominent and this area will be cleaned with antiseptic. A nurse or specially trained donor attendant will then insert a needle that is attached to a blood bag. Your blood will flow through this needle into the blood bag which is kept out of site below the level of the bed. You will be asked to open and close your hand to ensure a smooth consistent blood flow.

A new sterile blood bag and needle is used for every donor. The blood bag is never reused.

A member of staff will keep a close eye on you and the blood bag to make sure everything is going well.

The blood bag will hold 470ml (just under a pint) and most people will fill the bag in 5 to 10 minutes. If for any reason, the blood flow is slow, it may be necessary to stop the donation early.

Blood samples are collected in tubes at the time of donation so that we can test them in the laboratory.

The needle will be carefully removed from your arm and a dressing applied when the donation is complete. You will be shown how to press firmly and directly on the site for at least 3 minutes, keeping your arm straight. You will be advised not to put on your coat or jacket and not to pick up or carry your bags during this time.

This is important to prevent any re bleeding from the needle site and bruising.

Resting

You will be advised to rest for a short period to make sure that you have fully recovered before going to the refreshment area where you will be offered a drink and a snack. We advise that you rest for 15 minutes after your donation to make sure that you are feeling well.

Possible complications of giving blood

For the vast majority of people the process of giving blood is a very simple and trouble free experience. However, sometimes problems arise during or after giving blood.

You must tell a member of staff immediately if you have any pain or discomfort when the needle is inserted or if you experience any altered sensation in your arm, hand or fingers during the donation or after the needle is removed. The donation will be stopped and you will be cared for and given advice before we consider it safe for you to leave the session.

Bruising

Occasionally bruising may develop due to seepage of blood from the vein into the surrounding tissues. Bruising may appear away from the donation site and may not start until a day or two after the donation. It may go through a range of colours before it eventually fades and disappears and can take from 7-10 days up to 3 weeks or more if the bruise is large and swollen. On occasion the bruising may worsen and become painful. Very occasionally, a bruise may become infected and require antibiotic treatment.

If you do develop a bruise during or after donation, we recommend that you avoid any heavy lifting or strenuous exercise as these activities could aggravate the bruising e.g. do not lift any heavy shopping bags or go to the gym until the bruise is improving. Cold compresses can be helpful and normal gentle movements should continue and are beneficial.

If you experience any of the following after donating you should telephone our donor helpline **650637**, Monday - Friday 9am - 5pm or contact your GP:

- Altered sensation in your arm, hand or fingers, or persistent numbness or 'pins and needles'.
- Large swelling that is increasing in size.
- Severe pain in your arm, hand or fingers.
- Swelling of the hand or fingers.
- Change in colour (pale or blue) to the hand or finger.
- Painful redness (inflammation).

Bleeding from the needle site

If this happens immediately after giving blood, apply firm pressure on the needle site. Sit down and ask for assistance from a member of staff. Bleeding can be avoided by pressing firmly on the needle site after the needle has been removed and avoiding use of the arm for 15 minutes after giving blood. Care must be taken when eating and drinking and when putting on coats and jackets.

Fainting

Some donors may feel faint during or after giving blood. This may be due to feeling anxious, tiredness, dehydration or loss of blood volume. It is important to eat regular meals and plenty of cold, non alcoholic fluids 24 hours before donating; and something substantial at least 3 hours before you donate. Drink plenty of cold, non alcoholic fluids after giving blood. **If you feel faint, weak or light-headed during or after donation, please let one of our staff know immediately.**

Uncommon risks of donating blood

Very infrequently, insertion of the needle may cause inflammation or injury of a nerve in your arm. Pain, discomfort or altered sensation in your arm, hand or fingers may indicate that a nerve has been injured. These symptoms may also occur if a collection of blood (bruise) under the skin is pressing on a nerve. **Tell a member of staff immediately if you have any of these symptoms and we will stop the donation** and give you appropriate advice and support. If these symptoms occur after you have left the session, you should contact your GP.

On rare occasions a needle may come into contact with a tendon and cause sharp pain when the needle is inserted. **Tell a member of staff immediately if you experience any pain or discomfort when the needle is inserted and we will stop the donation.**

Very rarely a donor may experience a faster than normal pulse or an irregular pulse, a tight sensation in the chest during or after a donation. This is not necessarily caused by the donation. If this happens while giving blood, tell us immediately. If it happens after leaving the session call the ambulance **999**.

If you become unwell after giving blood

If you become unwell or develop an illness after donating it is essential that you inform the IOMBTS as soon as possible; the illness may have consequences for the patient who will receive your blood. Please telephone the donor helpline **650637** Monday - Friday 9am - 5pm.

Testing Blood Donations

Certain tests are performed on every donation, no matter how many times you have given blood. Currently the mandatory tests are those for HIV, hepatitis B, hepatitis C, HTLV, syphilis and routine blood grouping. The range of blood tests carried out by the IOMBTS is under regular review and other tests may be introduced in the future. If your blood donation gives a positive result during any of the testing you will be informed and asked to attend for further confirmatory tests.

Non specific reactions on our screening tests

In a small percentage of donors, the blood from some donors gives a non specific reaction in our automated, routine screening tests. Additional tests will show that the result is not of any significance for the donor's health; however, regulations will not allow the use of your blood unless the initial tests are negative. You will be informed of such non specific reactions.

Data Protection

The IOMBTS holds donor and donation details on a secure computerised database. This database is used to communicate with donors and to record their donation details, including blood sample results as well as general administration.

All information and data that is processed by the IOMBTS is held in the strictest of confidence and in accordance with the IOM Data Protection Act 2002.

Further Information

If you have a question at any time you can telephone our donor helpline **650637**
Mon - Fri 9am - 5pm or email us at **givingblood.dhsc@nobles.dhss.gov.im**

If you need any information or have a query while you are at the blood donor session please speak with a member of our team.



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