

Post Donation Instructions



- Eat and drink something healthy before leaving your place of Donation.
- Drink extra fluids on the day of and the day after your donation.
- Do not lift heavy objects and avoid strenuous exercise such as tennis, swimming, golf, jogging, etc. during the next 24 hours.
- Do not smoke for an hour after donation.
- Keep your sleeve raised until you leave the place of donation.
- Leave your bandage on 3 - 4 hours.
- If you see any new bleeding, raise your arm above your head and apply pressure until the bleeding stops.
- If you feel faint, dizzy, or lightheaded, sit or lay down until the feeling passes.
- If you experience any bruising of your arm at the donation site, apply ice in a cloth to the area for 15-20 minutes, 3-4 times a day, a rainbow of colors may be seen for about 10 days.
- As advised by our medical team, take iron supplements to replenish the iron lost in your continuous donations.



Call us if: If you get bruising larger than 2- 3 inch diameter, redness, swelling, or pain where the needle was, or tingling in your fingers or arms

Call Centre: 800342
Dubai Blood Donation Centre: 04 - 2194212

Dubai Blood Donation Working Hours:
7:30 am to 7:00 pm (Sunday to Thursday)

Thank you for your kind donation

Please download the DHA app in
your smart mobile phone for
future donation



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إرشادات بعد التبرع بالدم



- تأكد من تناول بعض الأطعمة أو شرب بعض العصائر قبل مغادرة المكان الخاص بالتبرع بالدم.
- يجب شرب سوائل إضافية في يوم تبرعك واليوم الذي يليه.
- تجنب رفع الأشياء الثقيلة وممارسة التمارين الرياضية المرهقة مثل التنس، السباحة، الركض، الجولف خلال الـ 24 ساعة التالية بعد تبرعك.
- امتنع عن التدخين لمدة ساعة بعد التبرع.
- حافظ على بقاء كم قميصك الذي ترتديه مرفوعا حتى مغادرتك مكان التبرع.
- أترك ضمادة التبرع لمدة 3 إلى 4 ساعات واحرص على بقائها جافة.
- في حال وجود نزيف، ارفع ذراعك فوق رأسك واضغط على مكان الإبرة حتى يتوقف النزيف.
- إذا كنت تشعر بالدوار خذ وضع النوم أو تمدد على السرير حتى تشعر بالارتياح وحتى زوال الشعور بالدوار.
- إذا ظهرت أي كدمات على ذراعك في مكان التبرع، ضع قطع ثلج في قطعة قماش على المنطقة لمدة 15 - 20 دقيقة، 3 - 4 مرات في اليوم الأول. وفي اليوم التالي، ضع قطعة من القماش الرطبة الدافئة لمدة 15 - 20 دقيقة 3 - 4 مرات في اليوم. سوف تلاحظ تغير لون منطقة الكدمة وقد تستمر هذه الكدمة حوالي 10 أيام.
- ينصح فريقنا الطبي بأخذ مكملات الحديد لسد النقص في الحديد المفقود خلال التبرع بالدم المنتظم.



اتصل بنا إذا: كانت الكدمات أو الإحمرار أكبر من 2 - 3 إنج، أو كان هناك تورم، أو ألم حيث كانت الإبرة، أو خدر في أصابع يديك أو ذراعك

يرجى تحميل تطبيق هيئة الصحة في
هاتفك الذكي للتبرع بالدم في المستقبل



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INFORMATION ON AIDS

AIDS is caused by a virus known as HIV. HIV can be spread when body fluids such as semen, blood or vaginal fluids from a person with the virus enter the bloodstream of someone else. Because HIV can be transmitted by blood, your blood will be tested for HIV. The tests for HIV cannot detect all of HIV infection.

Symptoms of AIDS:

Includes diarrhea, fever, headache, tiredness, nausea, enlargement of lymph node and rapid weight loss.

HIV AND HEPATITIS VIRUS RISKS

The HIV and hepatitis viruses can be transmitted if:

- Unprotected sexual intercourse
- Needle sharing
- Pregnancy, delivery and through breast feeding from an infected mother to her infant.
- Unsafe blood transfusion
- Occupational exposure in the health care services.

DO NOT GIVE BLOOD IF:

Do not give blood if:

- You have engaged in activities that put you at risk for getting HIV or hepatitis.
- You have had a test that shows you have AIDS or the HIV virus.
- You want a test for HIV.

INFORMATION OF IMPORTANCE TO YOUR HEALTH

ALLERGIES

Latex products and medical gloves are used at the donor clinic. Please tell the clinic staff if you are allergic to latex or to the powder used in medical gloves.

WHILE YOU GIVE

Giving blood takes about 15 minutes. The needle and all material used to take the blood are new, sterile are used only once.

POSSIBLE SIDE EFFECTS

There is usually no discomfort while giving. A small number of donors may:

- Feel faint, dizzy or nauseated
 - Feel tired for a day or two
 - Very rarely, faint and have muscle spasms
 - Have bruising, redness or a rash at the needle site
 - Rarely suffer nerve damage, pain or numbness in the arm.
- A decrease in iron stores (ferritin) may occur in frequent donors. A diet rich in iron is advised for all donors.

AFTER YOU GIVE

- Put pressure on the needle site for about five minutes to stop the bleeding. We will then place a bandage on your arm.
- Rest for five to ten minutes or so.
- If you feel faint sit down and rest for a few minutes with your head between your knees or lie down.
- To avoid a skin rash, when you return home, remove the bandage and wash the needle site with soap and water.
- Avoid doing anything strenuous for about 6 to 8 hours.
- Drink plenty of fluids to replace the fluid that has been lost.

HAZARDOUS JOBS

People who work in jobs that expose them to risk (such as flight crews, high attitude workers, bus drivers and heavy equipment operators) may require some time off before going back to work. For those who engage in risky sports, time off from the sport may be advised after giving blood.

HOW OFTEN YOU CAN GIVE

- A blood donor may give every 56 days.

WHAT HAPPENS TO YOUR DONATION

Your donation is used to treat patients. A small part of your donation may be used for quality testing, stored for future testing. As well, it could be used for research.

Your blood will be tested for:

- Hepatitis B and C
- Syphilis
- HTLV virus
- HIV Virus
- Blood group
- Unexpected red cells antibody test

*You will be asked for travel history based on current AABB guidelines.

POSITIVE TEST RESULTS

If any of these tests show results that could affect your health this is what happens:

- Your blood will not be used.
- You will be contacted and given a report explained the results of your blood tests and qualified medical staff will give you the required information .

CONTACT OUR CENTER IF

- After leaving the blood donor clinic you faint or get a large bruise
- After giving blood you decide your blood should not be used.
- You have a test within the next 12 months that shows you have hepatitis or HIV.

QUESTIONS:

For more information you can call:
Dubai Blood Donation Center
Tel:042194212 or 800DHA(342)
Visit our website: www.dha.gov.ae

Working hours for Dubai Blood Donation Center is : 7:30 a.m. to 7 p.m. Sunday to Thursday.

BEFORE YOU GIVE

Before giving blood please read this brochure.

- Drinking fluids before donation will help to maintain your blood volume.
 - We will ask you to show proof of identity and complete a form that asks you about your health.
 - You will be asked if you have engaged in actions that may transmit HIV and hepatitis.
 - We will check your blood pressure, pulse and temperature.
 - We will check your blood to make sure you are not anemic.
 - You will then be asked to sign a statement that confirms that you have read and understood the information in the brochure and that you have answered all questions truthfully.
- Your presence here is voluntary. You may leave at any time but

Please inform a member of the clinic staff

DONOR PRIVACY

Whether you donate or not your answers are kept on file. We take appropriate measures to protect the confidentiality of your personal information.

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Guidelines to follow during the campaign.

1. Maintain a minimum of 2 meters (6 feet) separation between people to prevent face to face positioning.
2. Use of hand sanitizer on entry and after touching any surfaces.
3. Visitors should not enter the facilities if any symptoms of COVID 19 are shown or missing facemask.
4. Participants should not share any items such as pens, documents, foods etc.
5. Avoid any physical contact such as handshakes or any other type of physical contact.
6. Inform donors not to gather in common places during refreshments.
7. Dispose used face masks, tissues gloves etc.in the designated places only.

We are all responsible