

Guide lines of blood donation before and after:

Before the procedure

Eligibility requirements.

To be eligible to donate whole blood, plasma or platelets, you must be:

- In good health.
- At least 16 or 17 years old, depending on the law in your state. Some states allow legal minors to donate with parent permission. While there's no legal upper age limit, policies may vary between individual donor centers.
- At least donor weight 49 kilogram.
- Able to pass the physical and health-history assessments.

Eligibility requirements differ slightly between different types of blood donation, and from center to center. Check with your local donor center for specifics.

Food and medications

Before blood donation:

- Get plenty of sleep the night before you plan to donate.
- Eat a healthy meal before your donation.
- Avoid fatty foods, such as hamburgers, French fries or ice cream before donating. Tests for infections done on all donated blood can be affected by fats that appear in your blood for several hours after eating fatty foods.
- Drink an extra 16 ounces (473 milliliters) of water and other fluids before the donation.
- If you are a platelet donor, remember that you must not take aspirin for two days prior to donating. Otherwise, you can take your normal medications as prescribed.

- Before you can donate blood, you will be asked to fill out a confidential medical history that includes direct questions about behaviors known to carry a higher risk of blood borne infections — infections that are transmitted through the blood.
- All of the information from this evaluation is kept strictly confidential.
- Screening and selection procedure will usually take about 10 to 15 minutes. You are encouraged to give accurate data for your own safety and that of the recipient. All information gathered will be treated with utmost confidentiality. Because of the risk of blood borne infections, not everyone can donate blood.

During Blood Donation

1. You will be asked to lie down on the blood donor's couch for blood collection which will be done by a skilled phlebotomist.
2. The amount of blood which will be taken and will be determined by a physician. It will depend mainly on your body weight and does not exceed 450 ml.
3. This will take another 10 to 15 minutes.

After the blood donation:

What to do and not do after donating blood:

Congratulations! You have helped save a life. Now it's time for your post-donation care. Follow these dos and don'ts for a speedy recovery.

Eat: Let yourself indulge in the free cookies or sugary treats at the clinic. Go crazy and wash them down a glass of milk or juice. Eating these sugary treats will help get your glucose levels up and prevent light-headedness, fainting, and shock.

Avoid Smoking: It is advised that you refrain from smoking in the first couple hours after donating blood. Having a cigarette too soon after your appointment can lead to increased dizziness.

Relax: Donating blood is the perfect excuse to skip the gym! You will want to avoid any vigorous activities for at least five hours after donating blood. Some experts even recommend waiting 24 hours before you engage in strenuous sports or weightlifting. When you do resume exercising, you should contact your doctor immediately if you feel lightheaded, dizzy, or nauseous, or have muscle spasms or pain in your arm.⁵

Toast with Water: Consuming alcohol is ill-advised for 24 hours after donating blood. Opt instead for water or fruit juice. Almost half of the blood you donate is made up of water, so it is important to drink plenty of water before and after your appointment. Rehydrating will help your blood volume levels quickly return to normal.

Badge of Honor: Keep the bandage on your arm for at least five hours. Make sure it stays dry. If you have persistent bleeding through the bandage, contact a health professional.

Stay Off Your Feet: Jump in the express lane at the grocery store and grab a seat on crowded public transport. After donating blood, you want to do your best to avoid standing for long periods of time.

Keep Cool: It is important to avoid overheating, so refrain from taking hot showers, lounging in direct sunlight, and consuming hot drinks.⁷

If bleeding or bruising occurs under the skin, apply a cold pack to the area periodically during the first 24 hours.

Arm Distressing: If your arm is sore, take a pain reliever such as acetaminophen (Tylenol, others). Avoid taking aspirin or ibuprofen (Advil, Motrin IB, others) for the first 24 to 48 hours after donation.

You should also call the center if you:

- Continue to feel nauseated, lightheaded or dizzy after resting, eating and drinking.

- Notice a raised bump, continued bleeding or pain at the needle-stick site when you remove the bandage.
- Feel pain or tingling down your arm, into your fingers.
- Become ill with signs and symptoms of a cold or flu, such as fever, headache or sore throat, within four days after your blood donation. Bacterial infections can be transmitted by your blood to another person via transfusion, so it's important to let the blood donor center know if you become ill so that your blood won't be used.

The following high-risk groups are not eligible to donate blood:

- Anyone who has ever used injection drugs not prescribed by a doctor, such as illegal injection drugs or steroids not prescribed by a doctor
- Men who have had sexual contact with other men in the past 12 months
- Anyone who has a congenital coagulation factor deficiency
- Anyone with a positive test for HIV
- Men and women who have engaged in sex for money or drugs.
- Anyone who, in the past 12 months, has had close contact with — lived with or had sexual contact with — a person who has viral hepatitis
- Anyone who has had babesiosis, a rare and severe tick-borne disease, or the parasitic infection Chagas' disease
- Anyone who has risk factors for the degenerative brain disorder Creutzfeldt-Jakob disease (CJD) or who has a blood relative with CJD
- You will also have a brief physical exam, which includes checking your blood pressure, pulse and temperature.

- A small sample of blood is taken from a finger prick and is used to check the oxygen-carrying component of your blood (hemoglobin level). If your hemoglobin concentration is normal and you've met all the other screening requirements, you can donate blood.

References:

<https://www.mayoclinic.org/tests-procedures/blood-donation/about/pac-20385144>

https://www.who.int/bloodsafety/publications/guide_selection_assessing_suitability.pdf

<https://www.fix.com/blog/your-guide-to-blood-donation/>

<https://www.doh.gov.ph/book/export/html/1416>

<https://www.massgeneral.org/blood-donor/eligibility-guidelines>