

## **Blood Is Meant For Circulation Circulate It**

In India about 9 millions of blood unit are required Annually to treat the patient in need of blood Transfusion but total collections about 5 million units.

### **How to fill this gap?????**

The only way is to request and motivate more and More of Volunteers to come forward and they pour Out their Small Ahuties in this Maha Yagna of Voluntary Blood Donation Movement. Although there are many people willing to donate Blood, yet they are fear full and hesitate to come Forward to do so due to some myths & lake of proper Knowledge about blood donation.

### **Frequently Asked Questions About blood Donation.**

#### **What is blood and it's quantity in a human being?**

Blood is the red colored fluid in a human being, flowing Continuously in our body in the circulatory system. Each healthy individual has about 1/12 of his body weight As blood in him. On an average about 5-6 liter of blood Is present in every adult human being.

#### **Can I Donate Blood?**

Yes. Of course If your age is between 18 – 60 years & Body weight is more than 45 kg & hemoglobin is 12.5 gm%. Blood will be taken after checking another

Parameters & brief medical history.

### **Is it safe to donate blood?**

Surely it is safe. Every year in India lakh of people are donating blood without any problem. There is about 76 ml of blood per kg of body weight in males & 66 ml of blood per kg of body weight in females. Average requirement of body is about 50 ml of blood per kg of body weight in both males & females. It means in male about 26ml & in female about 16ml ml of blood per kg of body weight is surplus, which is just lying in body pools as reserve.

### **Will I get any infection by donating blood?**

No, not at all. For blood donation all disposable are used, and there is no chance of any infection by donating blood.

### **Why should I part with my own precious blood?**

Every moment new blood gets formed in the body and older cells get degenerated. You know that you have min.700ml of surplus blood, even with body weight of only 45kg. Only 350-450ml of blood is taken depending upon your body weight.

### **I am a rare type of blood group. Should I donate?**

We need all type of blood groups in our blood banks. So you must donate. Rare blood group is always in shortage.

### **When should I donate blood?**

Millions of people all over the world celebrate joyous occasions of like B'day, Wedding Anniversary etc by donating blood & saving lives.....WON'T YOU.

### **HOW much time it take to donate blood?**

Actual blood donation process takes only 5-8min. But it usually takes 20-25 min. for all procedures starting from registration to post donation rest.

### **Will I have to take any precautions, medications Or extra diet after blood donation?**

You require only 15-20 minutes rests after blood donation .No medication or special diet is required. However avoid heavy exertion for a few hours & consume plenty of fluids e.g. water

### **How frequent should donate blood?**

You should donate blood every three months.

### **What happen to my BLOOD in Blood Bank?**

- It is separated into components e.g. RBC, Platelet concentrate & plasma. Plasma can be further fractioned into many other useful products.
- It is tested for several diseases.
  1. Hepatitis-B&C
  2. HIVI&II
  3. Syphilis
  4. Malaria
- It is typed for blood group (A, B, AB, O & Rh factor)

- It is tested for complete blood count.
- You will get a report of these tests.

### **Is there any advantage of blood donation?**

- New Younger cells are generated within few days, which have better functioning capacity.
- Quality of blood improves after every blood donation.
- **Regular blood donors have low risk of developing hypertension, heart attacks, & brain strokes.**
- You also come to know about your health status.
- Hence better & healthy living.
- Your voluntary card gives you the insurance coverage of one unit of blood or blood component for any Patient up to one year.

### **How do I Contact blood banks to donate blood or clear my further doubts?**

You are Welcome to our blood bank at your convenience. Please feel free to ask any question to our experts.

(Give Blood Bank Address and telephone numbers and website as well as e-mail addresses)

“Yes see what a noble selfless service it is. It gives the donor a feeling of joy and contentment. Also this Liquid love creates the feeling of Fatherhood of God and Brotherhood of Mankind as blood knows no caste,

color, creed, religion or race, country continent or sex”.

## Facilities at Blood Bank:

All the infectious diseases are tested in our blood bank with the state of the art fully automated system Vitros ECI from M/s Ortho Clinical Diagnostics based upon Enhanced Chemiluminescence's Technology.

Your blood is processed into blood components on Optipress II from M/s Baxter inc., this system is used to prepare Leucoreduced Blood product so that there is minimal chances of allergic reaction to the patients receiving the blood transfusion.

Blood is separated into three blood components i.e Red Blood Cells Concentrate, Platelet Concentrate & Plasma. So that different patients get different blood components according to their specific requirement. This optimizes the use of blood & also benefits the patients more effectively.

Donor's blood is cross matched to the patient's blood sample in State of the Art Technology i.e Column Agglutination Technology, Glass Bead Technology from M/s Ortho Clinical Diagnostics which ensure the safest blood transfusion.

With the advent of cell separator (Amicus from M/s Baxter inc USA) we can draw a particular components from the donor directly and rest of the constituents go back to the

donor. Such a facility exists in our blood bank. Through this latest Technology you can donate your platelets or plasma every 48 hours (24 times in a year)

After blood donation every Voluntary Blood Donor gets the reports of his/her blood.