Blood Donor Program

The following recommendations are for your benefit. Please read them carefully; if you do not understand them or have any questions, please let the Blood Bank personnel know at once.

- Remain lying down for at least ten minutes after giving blood. If you leave the donor bed before that, you do so at your own risk.

- Drink more fluids than usual for the next 8 to 12 hours and eat heartily at your next meal. It is best to have some non-alcoholic liquid refreshments before tobacco smoking.

- In case you should have some swelling or bleeding from the needle wound in your arm, apply firm pressure for five to ten minutes with the fingers over the band-aid. If this does not stop the bleeding, you should return to the blood bank or consult a physician as soon as possible.

- If you feel faint, “giddly-headed”, or dizzy after leaving the donor bed, sit down immediately and put your head between your knees or lie down until the feeling disappears. If such feeling continues, have someone call your physician immediately.

- You may resume your normal activities following an adequate rest period of 15 minutes after giving blood, but it is recommended that you do not drive a motor vehicle for at least half an hour after blood donation. In addition, you should neither participate in any strenuous activity nor return to a hazardous occupation or hobby for at least 24 hours.

- Your blood volume returns to normal in several minutes to a few hours. However, it takes three to six weeks before the total number of red blood cells returns to the level present before your blood was drawn. Therefore, you must not give blood again for eight weeks following this donation.

- Please eat within 4 hours of donating blood.

Your blood will greatly benefit the patient for whom it is intended and on behalf of Doctors Hospital and the patient, we thank you!

For An Appointment or More Information Call:
Blood Bank 302-4750

HOURS OF OPERATION
Outpatient Laboratory Services
Monday-Friday 7:30am-7:00pm
Saturday 7:30am-3:00pm

Blood Donation:
Monday-Friday 8:30am-6:30pm
Saturday 9:00am-3:00pm

Give the gift of life!
We cannot operate without you!

DOCTORS HOSPITAL
Health For Life

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www.doctorshop.com or email: info@doctorshop.com
Blood Donor Program

Blood donation

Doctors Hospital also has a fully screened Blood Bank for blood donors and patients requiring a blood transfusion. The Blood Bank is headquartered on the second floor of Doctors Hospital. It supplies blood and blood products to all healthcare facilities and collects blood from donors as individuals and from groups during blood drives. Donations can be made between 8:30am and 6:30pm weekdays and from 9:00am to 1:00pm on Saturdays.

Doctors Hospital encourages everyone to donate blood. Donating is the highest form of altruism, and it takes only 60 minutes. For more information about donating blood or having a blood drive for your organization or company, call 502-470-0000. One pint of blood gives at least three patients the gift of life.

Doctors Hospital provides most of its blood product needs through its Donor Recruitment program. All blood and blood components necessary for the transfusion needs of Doctors Hospital patients are provided by the Blood Bank and undergo a vast array of testing prior to transfusion. A patient’s blood group and type are determined by testing a sample of his/her blood. The tests also detect the presence of blood group antibodies. Each patient’s blood also undergoes a compatibility test with every unit of blood intended for transfusion. This ensures that the transfused blood will be compatible with the patient’s own blood.

Why should I donate blood?

The need for blood affects all of us. One out of every 10 hospitalized patients requires a transfusion. Transfusions of blood or blood components are required for accident or trauma victims, and for patients having surgery or receiving treatments for blood disorders, cancer and leukemia. People will be able to live healthy, productive lives because blood donated by people like you was available when needed.

Some individuals need blood as regular, ongoing treatment. Blood donations are the “Gift of Life”. Blood must come from healthy donors. As a blood donor you have the potential to save many lives. It could be a friend, family member, or a coworker. You never know who you may be helping. It is important that healthy Bahamians donate blood. This will guarantee that a safe and adequate blood supply is available for patient care. Lives are saved each year because of the availability of donated blood.

Are there any risks in giving blood?

Donating a pint of blood never places the donor at risk for getting any disease such as AIDS or hepatitis. The sterile collection kits (needles, tubing, bags, etc.) used for blood donations are completely disposable and are discarded after each donor procedure.

What steps are taken to make sure that the blood patients receive is safe?

There are many safeguards on our blood supply to ensure safe blood for patients. First, the blood is donated by volunteer donors. Before giving blood, donors must answer questions about their health and risk factors for disease and take a mini physical. Only a person with a clean bill of health can give blood.

Blood from each accepted donor goes through extensive testing. In addition to the tests for blood type, eight screening tests are run for evidence of viral infection including hepatitis, AIDS, HTLV and syphilis.

What is blood?

People of all ages and backgrounds need blood everyday. Your single donation can be used to help up to 3 patients because blood is separated into red blood cells, platelets and plasma.

Examples of Use

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Average # of Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary Bypass</td>
<td>1-6 Units</td>
</tr>
<tr>
<td>Bleeding Ulcer</td>
<td>3-10 Units</td>
</tr>
<tr>
<td>Auto Accident</td>
<td>Up to 30 Units</td>
</tr>
<tr>
<td>Cancer</td>
<td>Up to 32 Units/Week</td>
</tr>
</tbody>
</table>

How and when is donated blood used?

Donated blood is used for:

- Accident victims
- Leukemia Patients
- Open Heart Surgery
- Hemophiliacs
- Burn Patients
- Dialysis Patients
- Cancer Patients
- Patients with Bleeding Ulcers
- Pregnant Women who have a difficult delivery and suffer significant blood loss
- Anemia Patients

Blood Donor Questions

Who can donate blood? (Criteria for Blood Donors)

- You are in general good health
- You are at least 17 years-old
- You weigh at least 105lbs
- You have not had dental work within 4 weeks
- You have not had any body piercing or tattoo within six months
- You have not had acupuncture or electrolysis in six months

How long does it take to give blood?

The entire donation process usually takes about one hour and the blood collection segment is usually about 10 minutes. The donation process includes registration, a brief medical screening, the blood collection, and time for refreshments following the collection.

What will happen when I donate blood?

After registering, you will be asked about your health history. You will have your pulse, temperature, blood pressure and iron checked. Next, you will take a seat in a donor chair where your blood will be drawn. We collect about 1 pint of blood. After the donation, you will be asked to relax and enjoy a refreshing juice or malt drink.

How often can I donate blood?

You may donate blood every 8 weeks. Immediately after you donate, your body starts to replace the blood you have given. Blood products have a limited life, so regular donations are important to ensure the lifesaving resource will always be available.

What is the universal blood type?

Type O negative, occurring in about 8% of the population, is the universal donor and can give blood to any other blood type. All positive, which occurs in only 2.5% of the population, is the universal recipient and can receive blood from any other blood type.

How much blood do I have in my body?

As a general rule, women have approximately 10 pints and men have approximately 12 pints of blood.

How can I have a blood drive at work?

For more information about the requirements to host a blood drive, please call the Laboratory Department at 502-4616.