

# BLOOD DONATION AT CMC VELLORE



## WHERE?

The **Blood Centre** at CMC is the place to go to if you would like to donate blood. There are Blood Centres at the Town Campus and the Ranipet Campus.



## WHEN?

The Blood Centre is open 24/7 to voluntary donors, but usually operates from **8am to 8pm**.



## WHO CAN DONATE?

Healthy adults who have completed 18 years of age and weigh more than 45 kg.



# BLOOD DONATION PROCESS

## 01 REGISTRATION

You need to provide a government-issued ID (like Driver's License or Aadhar card). If you have donated at CMC before, be sure to inform us and show us your Donor ID#.



## DONOR SCREENING 02



You will be given a donor history questionnaire, and your health status, travel history, and haemoglobin levels will be checked. This is part of the safety and quality process for donors and patients.

## 03 DOCTOR'S DESK

The blood centre doctor will check your blood pressure and pulse, go through your medical history and do a brief examination.



## BLOOD DONATION 04



The actual donation takes about 10 minutes, during which we will ensure you are safe and comfortable.

## 05 REFRESHMENTS

Blood donation done! You have helped a patient in need. Time to have a snack and something to drink.





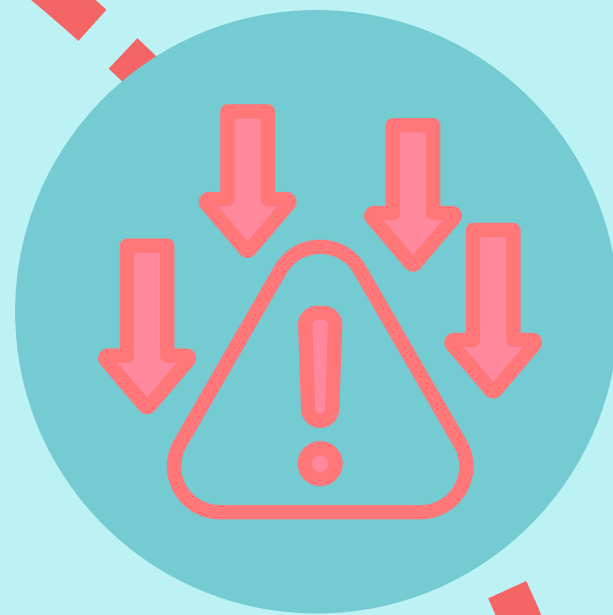
## SAFER BLOOD

Choosing to be a repeat blood donor means you're contributing to a safer blood supply.



## REDUCED RISK

Repeat donors undergo regular screenings, minimising the risk of infections like HIV, hepatitis, and syphilis being passed through blood transfusions.



## LESS PRESSURE ON PATIENTS

With enough voluntary donors, the number of patients' family and friends asked to step up as replacement donors during an already stressful time will reduce greatly.



# BECOME A REPEAT VOLUNTARY DONOR!

## FEEL-GOOD FEELING

Donating blood is a rewarding experience. Knowing you're helping someone in need can contribute to a positive sense of well-being and boost your mood.



## THE GIFT OF LIFE, ALWAYS NEEDED

Hospitals rely on a steady stream of volunteer donors. A single donation can help multiple people, as blood is separated into various components used for different medical procedures.



# COMMON FEARS & MISCONCEPTIONS ABOUT BLOOD DONATION



## ...AND WHY YOU SHOULDN'T BE WORRIED!

### “I have to rest for a long time after donating blood”

- Although you should avoid excessively strenuous exercise or movements on the day of the donation, all other daily activity is completely alright to do. Other precautions such as - drinking a little more water than usual after donating blood (about 2.5 litre throughout the day) and resting for the 20 minutes immediately after the donation - should be followed.

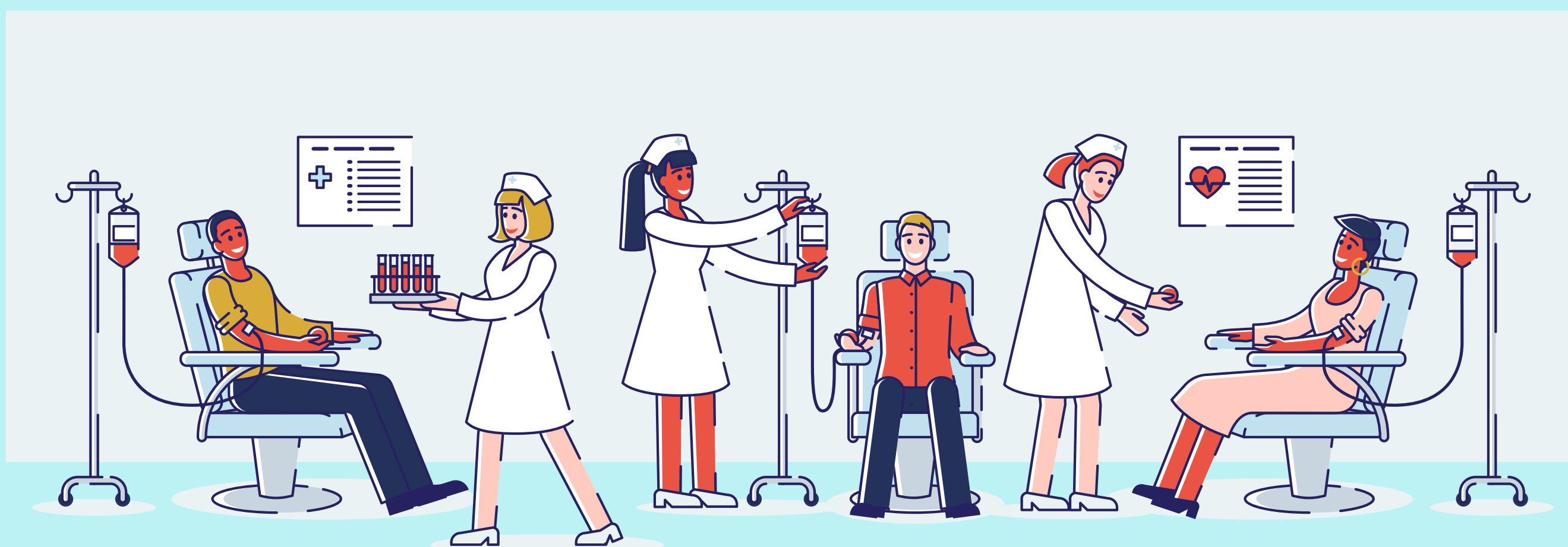
### “After donating, I will have less blood in my body forever”

- The total blood volume is about 4.5 – 5 litres, of which 350 – 450 ml is collected at the time of donation. The bone marrow, liver and spleen in your body have reserve stores of blood which get mobilized once the blood volume in your body comes down. White cells and platelets get produced in the bone marrow and replenished over the next few days and red blood cells over the next few weeks. Drinking water also helps to replenish the plasma lost, which is made of 90% water.

### “Call me when there’s an emergency, I’ll donate then”

- Donated blood cannot be instantly used. It usually takes 6 hours for donated blood to be usable, sometimes even up to 18-20 hours.

*“Blood on the shelf is blood in an emergency”*



# COMMON FEARS & MISCONCEPTIONS ABOUT BLOOD DONATION



## ...AND WHY YOU SHOULDN'T BE WORRIED!

### “Donating blood is going to be very painful”

- Local anaesthetics are usually administered before the needle is inserted. Besides a slight pinch or sting, you most likely won't feel much pain at all.

### “I'm scared of fainting while or after donating blood”

- Some donors may feel light-headed during or after donating; precautions like getting up slowly and resting for 20 minutes after donating are taken to ensure you are safe. If someone faints while donating, the process is stopped, and there are adequate number of staff to ensure you become completely okay.

### “I will get infected by a bloodborne disease while donating”

- Needles used for blood donations are sterile and disposed of after being used once. There is no possibility of transmission of diseases by donating blood, and donated blood is tested for bloodborne diseases to make sure that the recipients of donated blood are also completely safe.

### “Donating causes infertility/impotency/low libido in donors”

- There has been no evidence to show that donating blood causes any of these problems.

### “I can't donate because I'm afraid of needles”

- Although it can definitely be frightening, blood donations usually take only a few minutes. Having someone for support with you can maybe make facing your fears slightly easier.