



Let's Give Life A
Better Chance

Donor Manual



Safe Blood starts
with me.

Your Handbook to Saving Life



Let's Give Life
A Better Chance

Sankalp is a Voluntary Youth Organization
working to ensure that no one dies due to
shortage of blood.

Phone: 9880132850

Web: www.sankalpindia.net

E-mail: Sankalp.admin@gmail.com

**Ma coming home.
You gave **blood** to save her life,**



I too will give my **blood
for others in future**

Frequently Asked Questions

How much Blood can I donate?

Eligible donors (any body between 18 to 60 years of age and leading a healthy life) with weight above 50 kgs. can donate up to 450 ml of blood. Your body can replenish this volume within 24 hours.

Donate Blood



The blood you donate is separated into three components. Thus by one donation you save 3 lives

Frequently Asked Questions

What should I eat before blood-donation?

Anything, but preferably something. Eating light snacks and a drink (nonalcoholic) before blood donation makes you psychologically more comfortable.

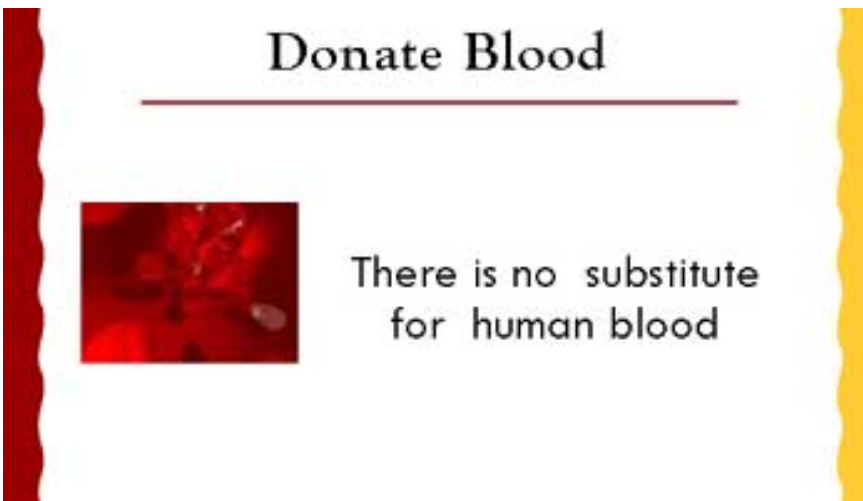
Can I help the blood transfusion service in some more ways?

Yes!. If only 3% of our people started donating blood regularly, there would be no blood shortage. You can help in a big way by promoting voluntary blood donation. Encourage your friends, family members and colleagues to come forwards and donate blood regularly. Whenever possible arrange for a blood donation camp.

If we achieve 100% voluntary blood donation, then blood transfusion will become safer and much better.

If I was told that I cannot donate blood today, does that mean I can never donate blood ?

No!. Most of the reasons for asking a donor not to donate are based on temporary medical conditions. There are some medical problems which have a defer period in which you will not be allowed to donate blood. It is best to ask the staff and find out when next will you be in a position to donate.

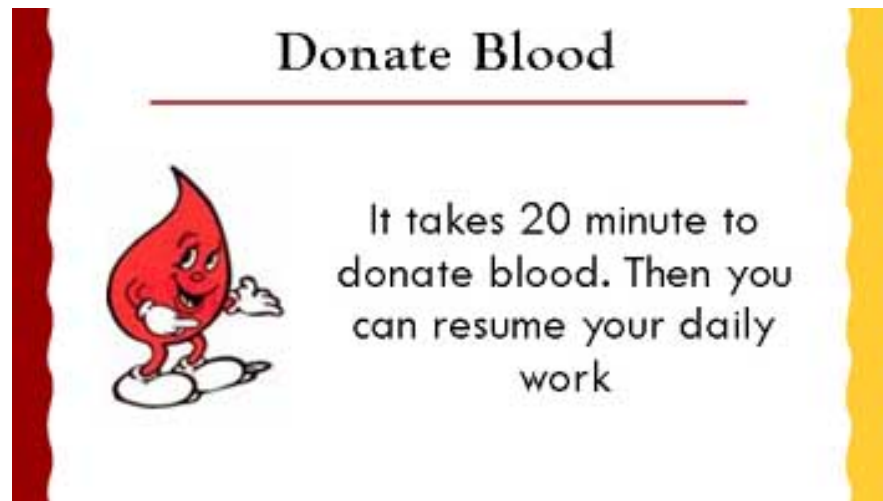


Welcome

Thank you for coming to donate blood today. Your donation will save the life of someone or help him or her through an operation. We are committed to the provision of safe blood and blood products to those who need them.


It is very important for you to understand the procedure of blood donation and the associated factors. This guide will help you understand the blood donation process better. It will also help in ensuring that you have a wonderful blood donation experience. Please go through it carefully.

Happy Donation!



Importance Of Voluntary Blood Donation

As you know, blood is a life saving medicine, which works wonders in certain medical treatments, and life threatening situations. It is an emergency medicine. Our society is today threatened by scarcity of voluntary blood donors. The only source of blood right now is human beings. The issue has got further complexed by the professional donors, who donate blood for money. These donors have contributed towards rapid spread of killer diseases like AIDS, Hepatitis B and hepatitis C in the society. WHO strongly recommends voluntary blood donation. Your regular donation will go a long way in salvaging the situation.



Donate Blood

A little concern and a unit of blood, makes you a super-hero in someone's life.

Blood Safety Starts With Me


Safe blood does not only depend on application of science and technology but also on you. It is impossible to screen blood for all the possible diseases and infections. Therefore a donor registration form has been provided to you. Please fill this form very carefully. If you have any reason to suspect that you may not be an eligible blood donor, please feel absolutely free to clarify the same with the staff. It is us who can ensure a regular and safe supply of blood.

Why should we donate blood?

Blood donation gives, a proud feeling of touching someone's life in such a beautiful way. Its an experience that no words can define. You have to donate blood yourself to find out. By keeping the blood line flowing, you will greatly contribute towards a healthier, happier society. Do remember, any one may require blood any time. Including ourselves and our dear ones.

Is the information I provide in the questionnaire safeguarded?

We keep the information you provide us strictly confidential. The information is used for no purpose other than stated.



Donate Blood

The volume of blood you donate is replaced by your body in 24 hours.

Donor Safety

Can I get any disease like AIDS or Hepatitis or any other disease by Blood donation?


That is impossible. Only sterile disposables are used to collect your blood. These disposables can be used only one time. This totally eliminates any remote chance of catching any disease from blood donation.

Any side effects of Blood donations?

No ! Not really. Do ask any regular blood donor about it. A small percentage of first time donors may psychologically feel a little dizzy but only for a few minutes. Our staff at the blood drive will ensure that your first blood donation is a happy experience. We are sure this will make you a regular blood donor. In fact there are many people who have donated more than 100 times in their life time.

How does blood donation help in keeping me fit?

It reduces the chances of ischemic heart diseases (beginning of heart problems) as frequent donations reduce the accumulated and unwanted iron load from the body.



Donate Blood

Regular Blood Donors face a lesser risk of heart Problems

Blood Donation Process

Giving blood is a very simple and straight forward process.

- On arrival at a blood bank, you will be asked to fill a few details on a donor form.
- After you pass this simple medical screening process, you will be escorted to a blood donation area. The actual blood donation takes about 10 minutes.
- While the blood is being taken you must keep pressing the sponge provided. That ensures good blood circulation.
- Please do not get up immediately after donating blood. You must allow the blood flow in the body to normalize by lying down for 5 more minutes. This also prevents dizziness.
- This is followed by a little refreshment.
- Please do not forget to collect your certificate of appreciation.
- You can resume with your daily work immediately after donation.
- The blood you donate is tested and separated into components before being made available to the patients.
- Any abnormality found is reported to you if you have chosen to receive the same.



Donate Blood

Only 38% units of blood are collected in the developing world where 82% of the world's population live.

Before Donating Blood

- Ensure that you have sleep well
- Drink a lot of water and eat something substantial and healthy.
- Do not smoke within 4 hours of donating.
- Do not consume alcoholic drinks within 12 hours of donation
- Relax!

Screening for fitness

- Age: 18-60 years
- Weight: At least 45kgs for men as well as women
- Well-Being: Must feel healthy that particular day (i.e. must not have a cold or cough or must not be on any medication)
- Haemoglobin: Minimum 12.5 mg/dl

Post Donation Care

Care that a donor should take after donating blood.

- Eat and Drink something before leaving
- Drink more liquids than usual in next 4 hours
- Avoid consuming alcohol until you have eating something
- Don't smoke for next 30 minutes
- If there is bleeding from the phlebotomy site, raise the arm and apply pressure
- If fainting or dizziness occurs, either lie down or sit with the head between the knees
- Resume all normal activities if no symptoms occur
- Remove bandage next day

Why Blood Components?

In modern medicine there is no room for whole blood. Developed countries have switched over to blood components for more than 20 years. Unfortunately in India still 95% of the blood is used as whole blood. By making blood components, all the useful parts of blood can be used. In whole blood, platelets die and clotting factors become ineffective and the patient receives unwanted and ineffective components.

Donate Blood



Gift someone
Another Smile
Another Laugh
Another Chance

Donate Blood



Do something amazing
today.