

Empower

4 of 2021

Donating Blood

The impact on your Medical Aid

Members should be aware that donating blood does not have any financial impact on their medical aid. In the event that a member needs units of blood in an emergency, the transfusion will form part of your in-hospital benefits and you do not have to pay for the units of blood from savings or day-to-day benefits.

What to do and what to know to help save lives

FACTS

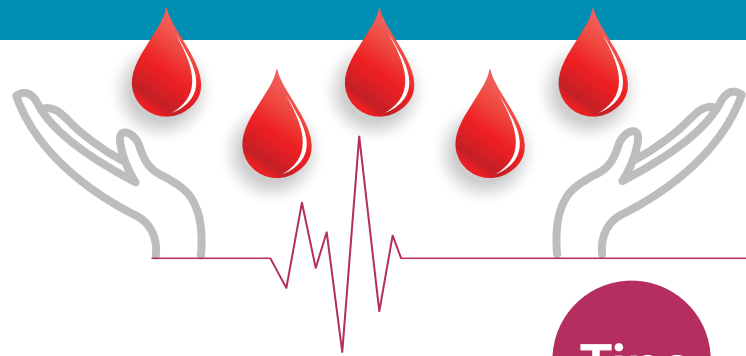
- It takes only 30 minutes to donate blood
- Donor centres are nationwide
- Your iron, pulse and blood pressure will be checked for your safety

MINIMUM QUALIFYING REQUIREMENTS

- Be between the ages of 16 and 75 years old
- Weigh a minimum of 50 kgs
- Be in good health and lead a low risk lifestyle
- Your blood has to be safe for transfusion
- Eat a balanced meal within four hours of donating blood
- Did not donate blood in the last 56 days (and platelets in the last 14 days)

IN THE CHAIR

- Your name, address and date of birth will be confirmed
- Your arm will be examined. A cuff will be placed on your arm to maintain a small amount of pressure during donation. A suitable vein will be selected and cleaned with an antiseptic sponge.
- The needle will be inserted in your arm to collect your blood into a blood bag with your unique number.
- Only new, sterile needles are used once and incinerated thereafter.
- A scale weighs the blood and stops when 480ml of blood are donated. This usually takes between 5-10 minutes.
- In addition to the blood bag donated, 3 small vials of blood will also be collected.
- This is what goes through for testing with the unique number that refers back to the blood donated.



Tips

THE PROCESS

Step 1

Complete a Donor Questionnaire. The questions are aimed at assessing your health and lifestyle to eliminate any effects that could pose a risk to your health and the health of a recipient.

Step 2

This is followed by a one-on-one interview with the nurse who goes through the questions to ensure that the questions are understood and that the donor understands the importance of being honest on the questionnaire.

Step 3

Your blood pressure and haemoglobin (iron) levels are checked. (The checking of your iron level is done with a small prick to your finger.)

AFTER CARE

- Increase your fluid intake for four to six hours after donation.
- Avoid strenuous physical exercise or heavy lifting with the arm used for donating for two hours.
- Do not smoke for at least half an hour after donation.

