

Do you know?

- There is no substitute to Blood
- It is not possible to produce blood artificially
- Blood can only be obtained through human donation
- Only when every healthy person donates blood thinking that it is his/her duty, it is possible to treat people with fatal diseases and accident victims
- Within few minutes after blood donation, body recoups and within 24 hours, donor will get back the volume of blood he/she has donated
- Within 2 weeks, the donor will be able to recoup completely all the constituents of the donated blood
- It doesn't even pain more than a prick during blood donation
- It doesn't take more than 20 minutes to donate blood and recover completely

Who can donate Blood?

- Without any discrimination between a man and woman, any person within the age group of 18-60 years can donate blood.
- Male can donate blood once in 3 months and Female can donate blood once in 4 months.
- Weight of the Male donor should be more than 45 kg and Female donor should be more than 50 kg.
- The donor's systolic blood pressure should be 100 to 140 and diastolic blood pressure should be 70 to 100.
- Hemoglobin in blood should be more than 12.5 gm.

Who cannot donate Blood?

- If the donor is suffering from some contagious disease.
- Persons who have consumed alcohol and antibiotics within 72 hours cannot donate blood.
- If vaccinated against any diseases, such persons should not donate blood till 4 weeks from the date of vaccination.
- If treated for Malaria, then should not donate blood till 3 months from the date of treatment.

- If the person has taken *Aspirin tablets*, then should not donate blood for 3 days.
- Person who has received any blood within previous 3 months should not donate blood.
- Any person who has undergone a major surgery cannot donate blood for 6 months and minor surgery cannot donate blood for 3 months.
- Persons suffering from Jaundice, Cancer, Heart ailment, unnatural bleeding, reduction in weight without any reasons, Diabetes, Hepatitis B and C, Ailment connected to Kidney and Liver, Bronchitis, Epilepsy, Mental sickness should not donate blood.

Benefits of Blood donation to the Donor

- Blood donation influences urge in donors body to produce new blood.
- With the production and circulation of new blood, attention and memory power of the donor improves.
- Helps in reduction of fat in blood.
- Reduces 80% risk of Heart attacks for the donors.
- Prevents ailments like Blood pressure and allied diseases that can lead to fatal illness like blood clotting, Brain Hemorrhage etc...
- **After Collection of blood from the donor as per the guidelines of Drugs & Cosmetic's Act – 1945, the following tests are mandatory for blood bank.**

HIV I & II, HBV (Hepatitis 'B' Virus), HCV (Hepatitis 'C' Virus) Syphilis, Malaria Parasit3e. Only safe blood is issued to patient.

Blood is issued free of cost to the patient. As per the Karnataka State Blood Transfusion Council Guidelines only the handling charges, processing charges and testing charges are collected. Any further enquiry please contact through e-mail.