BLUT SPENDEN RETTET LEBEN

Aus Liebe zum Menschen.

ÖSTERREICHISCHES ROTES KREUZ
TIROL

DONOR INFORMATION AND CLARIFICATION

Dear blood donor,
On behalf of all our patients, we would like to take this opportunity to thank you for your willingness to donate blood. It is only through your help that many operations and treatments are made possible. To keep both you and the recipient of your blood safe from avoidable harm, please read and answer the questions on the health questionnaire carefully.

BLOOD DONATION PROCEDURE

Consume enough fluids on the day of your blood donation (but no alcohol) and make sure that you do not come to donate blood with an empty stomach. You should eat and drink approximately two to three hours beforehand.

1. Filling out the health questionnaire – fill out the questionnaire shortly before you are due to donate blood, preferably on the day itself
2. Registration, identity check and examination of donor suitability (blood pressure, body temperature, haemoglobin)
3. Personal interview (clarification, requirements and approval for blood donation)
4. Blood donation: skin disinfection, insertion of a sterile single-use needle into a vein, extraction of a maximum of 500 ml of blood. Application of a pressure dressing to the injection site.

You can change your mind and withdraw at any stage of the blood donation process!

POSSIBLE SIDE EFFECTS OF DONATING BLOOD

Complications are rare and generally subside without causing harm. However, in some cases, there can be pain when the needle is inserted, occasionally causing serious reactions such as **circulatory collapse with loss of consciousness**. Occasionally, **after-bleeding** can occur at the injection site, leading to **bruising** (haematomas). More extensive bruising can cause pain and restrictions in movement. However, in general, the bruises recede quickly. Inflammation and obstruction of the vein **(thrombophlebitis/thrombosis)** have been observed in rare cases. In very rare cases, **nerve injury** may occur, with permanent damage such as abnormal sensation in the area supplied by the affected nerve. If you have any symptoms before, during or after your blood donation, please talk to a blood donor service employee. If you later need treatment from a doctor, please let us know!

WHAT TO DO AFTER DONATING BLOOD

- Do not get up from the couch too quickly.
- Rest for at least 30 minutes, as experience shows that the risk of collapsing is highest during this time.
- Avoid the use of nicotine during this period, and preferably for longer.
- You must not actively participate in road traffic for 30 minutes after donating blood.
- Drink at least 250 ml of fluid after donating blood and avoid alcohol.
- Wait for two hours before removing the pressure dressing! However, do not leave the pressure dressing on overnight.
- After donating blood, avoid strenuous activities with the arm from which the blood was taken.
- Wait 12 hours before engaging in any activity that could put yourself or others at risk if you happened to start feeling weak (e.g. driving vehicles or operating machinery at work, climbing ladders or scaffolding, paragliding, climbing, diving and similar activities).
- If you begin to experience symptoms of an illness within the next 14 days, contact immediately the blood donation facility (contact details are provided on the reverse side).

USAGE OF THE DONATED BLOOD

The blood you donate is called "whole blood". Separating each blood donation into components means that several patients can be helped. Different components perform vital tasks:

COMPONENTS OF WHOLE BLOOD	PRODUCT	USE
Red blood cells transport oxygen and CO2. There are around 25 billion red blood cells in an adult human body.	**Packed red blood** cells are used:	in the event of sudden blood loss during surgery for anaemia
Blood platelets are vital for stopping bleeding (coagulation). There are more than a billion of these smallest blood cells in the circulatory system.	**Platelet concentrates** are used:	for patients with impaired platelet formation, e.g., leukaemia patients during chemotherapy
Blood plasma is the liquid component of blood. It contains water, electrolytes, protein, lipids, hormones, and elements for blood coagulation and defence against infection.	**Fresh plasma and other plasma preparations** are used:	for coagulation disorders in the event of severe blood loss as a raw material for pharmaceutical products

BLOOD DONATION AND TRANSMISSION OF INFECTION

Even if you feel completely healthy, there could be disease pathogens in your blood. They could pose a risk of infection for the blood recipients. If a blood donor has even a minor ailment, such as a flu-like infection or diarrhoea, this can cause serious complications for blood recipients, most of whom are seriously ill patients with compromised immune systems. As we cannot test for every infectious disease, we have to evaluate the potential risks by asking the donor questions and using the health questionnaire. Any risk factors related to such infectious diseases may require us to stop you donating blood either permanently or for a limited period of time.

Please note that people who have contracted hepatitis C or hepatitis B and their sexual partners may not donate blood!

Using protection (e.g., condoms) during sex considerably reduces the risk of contracting sexually transmitted diseases, such as HIV.

After each blood donation, your blood is tested for various infectious diseases, including:

1. HIV infection (AIDS)
2. Hepatitis B and C (inflammation of the liver caused by viruses)
3. Syphilis (a sexually transmitted disease).

If the test results show up any abnormality, we will contact you in writing.

HIV INFORMATION

After infection has taken place, it takes a few weeks before an HIV infection can be detected.
This interval is known as the "window period". A blood donation taken during this window period contains HIV and puts the recipient at risk.
Therefore, we **URGENTLY** depend on truthful information from you regarding risk behaviour for HIV infection in the months prior to donating blood. Please help us to stop the spread of this disease!

Donors who have been in the following **risk situations** may not donate blood or are obliged to make use of voluntary self-exclusion (see below)!

- Persons infected with HIV, Hepatitis B or Hepatitis C
- Persons who have injected or snorted drugs
- Persons who have been intimate with a person suffering from a sexually transmitted disease during the last 4 months (e.g., HIV, Hepatitis B, Hepatitis C ...)
- Persons who have been intimate with more than 3 partners in the last 3 months or have been intimate with a person of whom they know or assume that they have had more than 3 sexual partners over the last 3 months
- Persons who have had unprotected intercourse (including on a single occasion) with a new partner in the last 4 weeks

A blood donation is not permitted as a means of obtaining an HIV test!

Anonymous HIV tests are available free of charge from the Austrian AIDS association (www.aidshilfen.at).

VOLUNTARY SELF-EXCLUSION

If you were unable to answer the questions regarding the risk of HIV truthfully due to peer pressure, for example, you MUST make use of voluntary self-exclusion!

Voluntary self-exclusion is a measure to prevent the spread of infectious diseases such as HIV/AIDS.
It provides the opportunity to communicate that the donated blood must not be used to treat patients. If you have even the slightest doubt about the safety of your blood donation, you have the following opportunities for voluntary self-exclusion:

- A confidential conversation with a blood donation team employee as part of the blood donation drive
- A telephone call to the blood donor service/blood bank (Tel. no. +43 512 504–22932) as soon as possible (ideally within 24 hours)
- An e-mail to the blood donor service/blood bank (e-mail: blut@roteskreuz-tirol.at) as soon as possible (ideally within 24 hours)

The blood donation team is available to answer your questions about voluntary self-exclusion and all other questions at all times. This particularly applies if you have doubts about whether your donation is safe or not.

You can also find general information about blood donations at www.blut.at!