

EASTERN CAPE

Port Elizabeth
Buckingham Road Central, Port Elizabeth, Eastern Cape
Tel: 041 391 8200

GAUTENG

Alberton
103 c/o Jacqueline Ave and Langhoven Street, Randhart, Alberton, Gauteng
Tel: 011 908 9479/4419

Braamfontein
33 Hoofd Street, Forum 1B, Ground Floor, Braampark, Braamfontein, Johannesburg, Gauteng
Tel: 011 877 4000

Centurion
Jean Village Shopping Centre, c/o Jean and Gerhard Avenue, Centurion, Pretoria, Gauteng
Tel: 012 664 3576/644-1901

Florida
31 Beacon Road, Building no.5, Florida, Roodepoort, Gauteng
Tel: 011 670 8600

Krugersdorp
Monument Shopping Centre/ Checkers (Next to Woolworths), Krugersdorp, Gauteng
Tel: 011 954 0229/6804

Northgate
Northgate Shopping Centre, Lifestyle Centre, Northumberland Avenue, Next to Meltz and Mr Price Sport, North Riding, Gauteng
Tel: 011 794 5760/56

Pretoria - Hatfield
Hatfield Plaza, Shop R0027, 1122 Burnett Street, Hatfield, Pretoria, Gauteng,
Tel: 012 362 2876/2991

Westgate
Westgate Shopping Centre, Shop 170, Ontdekkers Road, Roodepoort, Gauteng
Tel: 011 768 0283

FREE STATE

Bloemfontein
Shop 34-35, Victoria Square Shopping Centre, c/o Pres Reitz Street and Second Avenue, Westdene, Bloemfontein, Free State
Tel: 051 447 7429

KWAZULU-NATAL

Durban
5 Eden Road, Pinetown, KZN
Tel: 031 719 6524/6841

Pietermaritzburg
294 Loop Street, Pietermaritzburg, KZN
Tel: 033 342 2464



SANBS
South African National Blood Service

Toll free 0800 11 9031
www.sanbs.org.za

 @theSANBS
 /SANBS

Constantia Kloof, Johannesburg (Head Office)
Tel: 011 761 900 • Fax: 011 761 9003



SANBS
South African National Blood Service

BE A PLATELET DONOR
Your blood saves lives



What are platelets?

Platelets are small colourless cell fragments circulating in the blood. When a blood vessel is injured platelets collect at the site and form a plug to stop bleeding.

NB: Platelets can only be stored for five days after collection, therefore regular and frequent donors are in demand.

Who requires platelet transfusions?

- Patients with leukemia and other cancers undergoing chemo or radiation therapy
- Bone marrow or organ transplant patients
- Major surgery
- Major trauma
- Aplastic anemia

How are platelets collected?

Your blood is drawn from your vein into a disposable kit and processed through a blood cell separator where it is separated into different components by centrifugation (spinning).

The platelets are removed and collected in a bag, while the remaining components are returned to your body. This is known as platelet apheresis, from the Greek word meaning "to take away".

The donation process takes about 90-100 minutes depending on the procedure.

How can I become a platelet donor?

To be a platelet donor, you must:

- be healthy;
- weigh 55 kg or more;
- be between 16 and 65 years of age;
- consider your blood and blood platelets safe to give to a patient;
- not have taken aspirin in the past seven days prior to donating;
- not have taken anti-inflammatory medication in the preceding three days; and

- have a platelet count above 180,000 per micro-litre.

Potential donors are screened to assess whether it is suitable for them to donate platelets.

You will be required to:

- complete a donor questionnaire; and
- give informed consent to have blood samples taken and tested for:
 - full blood count, total protein and blood group, transmissible diseases such as HIV, Hepatitis B, Hepatitis C and Syphilis.

If your blood results meet the requirements we will contact you for an appointment to donate platelets.

Donating platelets is safe

You cannot contract HIV from donating platelets. All needles and tubing used are new, sterile and disposed off after use.

Some donors will have a possible reaction during the donation process i.e:

- blood pressure changes which can lead to dizziness vomiting and nausea;
- tingling around the mouth, fingers and toes due to citrate used during the process; or
- fainting due to blood pressure changes.

Extra fluids and calcium will be given to counteract reactions.

Do's and Don'ts for platelet donors

Prior to donating:

- Have a meal within four hours prior to donation, but avoid fatty foods such as eggs, bacon, boerewors, etc. These cause the plasma to become "cloudy" or "milky".
- Drink plenty of fluids prior to donating. Fluids are important because approximately 200 - 500 ml of fluid will be removed from your body, and this volume must be replaced.
- Don't drink excessive amounts of alcohol the day before or after your donation.

While donating:

- Eat and drink while you are donating platelets.
- Inform the nursing staff if you feel any adverse reaction during the procedure.

After donating:

- Keep the dressing on your arm for two to four hours. If the needle site starts bleeding, apply firm pressure for about five minutes, and then apply a clean dressing.
- Don't exercise strenuously after you have donated. It may make you feel light-headed or dizzy, and you may faint.

Do not give platelets if in the last six months:

- you have had more than one sex partner with or without a condom;
- you have had sexual contact with someone whose sexual background is unknown to you; and if
- you have or may have contracted a sexually transmissible disease such as HIV or Syphilis that can be passed on to a patient through platelet transfusion.

Where can you donate platelets?

Platelet donations can be made at our Special Donor Services Centres.

