

Thank you

... for donating. Remember, your blood goes to patients who depend on YOU to give them a very special gift – the gift of life.

You are a life saver.

Please let us know if, after your donation, you remember anything that you may have forgotten to tell us or you think your blood may not be safe to give to a patient. Feel free to chat to us should you have any questions, concerns or feedback related to your donation.

Toll-free: 0800 11 9031 • customerservice@sanbs.org.za

Your next return date is below. Please note, it is crucial that you return on the recommended donation interval for the product. Not sooner.

The purpose of the donation interval is to ensure that your health is protected and allow your body sufficient time to replenish the donated blood components.

Product

- Whole Blood (WB)
- Source Plasma
- Apheresis Platelets
- Double Red Cells

Donation Interval

56 days
14 days
14 days
112 days

Return date

Donation number

! Because you have donated blood:



Do **not** exercise strenuously or lift heavy objects on the day of donation.



Increase your fluid intake.



If you feel dizzy, sit with your head on your knees or lie down.



If you are over the age of 65 you have a donation interval of 80 days.



If the needle site starts to bleed, raise your arm and apply pressure until the bleeding stops.

If you develop any symptoms of illness or severe bruising over the next few days please notify us as soon as possible, using above contact details.

PLEASE NOTE: Arm related problems must be reported to us no longer than 4 weeks post donation. Any other symptoms of illness must be reported to us no longer than 7 days post donation.

