

Initiatives to maximize your efforts

- If you have donated blood at least once, have large veins and not older than 65 years, you could become a platelet donor. Ask the nurse regarding this procedure;
- Let us know if you are willing to organise groups to donate blood either from your place of work or a club you are affiliated in;
- Your group can come to one of the centres listed on this flyer or we can come to your premises with the Mobile Blood Donation Unit - this called a **Blood Drive**.



Points to note when organising a Mobile Blood Donation Session

- A group of around 30 people willing to donate blood must be organised in advance. Close to the date the prospective donors should be reminded to attend the venue on the specified date and time of the donation session.
- The organiser must provide an electrical supply via a 3 phase, 5pin, 32amp socket outlet.
- The Mobile Blood Donation Unit has specific parking requirements including ample and level parking space.
- If you wish to organise such an event, please contact the Department by phone, Email or Facebook, as listed overleaf.

Additionally:

Look up our official Facebook page:

National Blood Transfusion Service - Malta, and LIKE and SHARE. You are also encouraged to download

the mobile app Blood Donors MT available from the App Store or Google Play. This app is very useful to keep your blood donation details and may also be a source of information related to blood donation.

**We encourage you to be generous
to the countless patients who
rely on your blood donations.
Please give regularly.**

**Should you fall ill within 5 days
of your blood donation, kindly call us
immediately on 2206 6209, or 7930 7307,
so that we may stop your blood products
from being transfused to patients.**

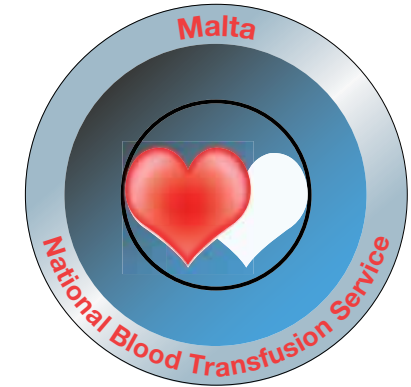
Web: www.blood.gov.mt
Email: customercare.nbts@gov.mt
Facebook: www.facebook.com/bloodmalta
Mobile app: Blood Donors MT

Blood Donation Centre, G'Manġa:
Open from Monday to Sunday 08:00 - 18:00, including
Sundays and Public Holidays
Telephone: 21234767 / 79307307 - during opening hours
Reception: 22066201 / 8007 4313

Xewkija Berġa:
Available for blood donation:
On alternate Sundays 08:00 - 13:00
and alternate Tuesdays 13:00 - 17:00
SMS's are issued to all Gozo Residents
Telephone: 21556461

This leaflet is sponsored by:

BOV
Bank of Valletta



**Thank You
for your
Blood
Donation**

Information
Leaflet

What happens to your donated blood?

You have just donated approximately 475ml of blood. This volume of liquid is replenished when you drink sufficiently before and after donating, while the actual blood cells are regenerated after roughly one month. As you probably already know, a whole range of products can be derived from a unit of blood. These are:

A. Red cell concentrate - this can be stored for up to 42 days at a temperature of approximately 4°C

B. Plasma [the liquid part of the blood] - this can be stored for up to three years when frozen at a temperature of -25°C or lower

C. Platelets [small cells that help in the coagulation of blood] - these can be stored for up to 5 days at a temperature of approximately 22°C



In this way, the blood you have just donated can help patients in three different ways.

We also took small blood samples that will be laboratory tested for serious or infectious diseases, the blood group and other substances called antibodies. This is to ensure that the blood supplies provided to hospitals throughout Malta and Gozo are free from blood transmitted diseases.

All these tests are carried out on every unit of donated blood, thus ensuring patients' safety.

Kindly follow these instructions carefully after donating blood

It is advisable to:

- Drink one glass of water every hour for the first six hours. Continue to drink regularly for the rest of the day;
- Do not consume alcohol on the day of blood donation;
- Do not smoke for at least two hours following blood donation;
- If you have given blood from the arm with which you operate the car handbrake, we suggest you use that arm gently, so as to avoid any bruising;
- Do not exert yourself, or engage in heavy physical activities;
- Do not operate heavy machinery;
- Do not work/lean over from scaffolding or go up on heights;
- Do not carry heavy loads or do any housework, including ironing, for the rest of the day, and rest as much as possible;
- Avoid excessive physical exertion such as fast walking, attending gym, playing football etc.;
- Weight lifting is to be avoided for three days following blood donation;
- Avoid exposure to the sun for the rest of the day and should you go to the beach, refrain from swimming even in shallow waters;
- Do not practice underwater sports such as diving for at least three days.



Points to remember before your next blood donation

- Ensure that the required time since you last gave blood has elapsed. Males may donate every three months, while menstruating females may donate every 4 months, though this is reduced to three months following menopause;
- Do not wear tight fitting clothes particularly at the waist;
- Try to encourage another person to accompany you and donate blood;
- Do not forget to bring your Maltese ID Card, or driving licence or passport;
- Remember to have a light snack and drink at least half a litre of water;



- Do not donate blood immediately following a heavy meal, or after having consumed food containing large amounts of oil or fat, such as *pastizzi*. Allow at least four hours to elapse after having consumed such food, and also ensure that you drink water frequently. Ideally you should allow two days to pass before giving blood after having attended a reception;
- In the weeks following blood donation it is advisable to consume food that is high in iron content, such as red meat, tomatoes, spinach and broccoli.