

Welcome pack for blood donors



Giving blood: What to expect

Before you give blood, you must read **Giving blood: Process, risks and information (Donor information leaflet)**.

This leaflet contains important information about the process of giving blood, including: the donation process; blood safety; risks and how to reduce them; and how your donation is used.

Signing up

Once you have signed up, we will invite you to donate blood. You must leave 12 weeks between donations so we will get in touch when you can give blood again.

Getting ready

In our invite, we will send a donor health check form which will go through your medical, lifestyle and travel history. Fill this in and bring it with you, or you can fill this in on the day of your appointment.

Look after yourself

On the day of your appointment, check you're feeling fit and rested. Give yourself plenty of time. Within three hours of your appointment, eat something salty or savoury, and drink three glasses of water. **Doing muscle tensing exercises** before, during and after giving blood has been proven to reduce your likelihood of fainting.

Contact us

If you have any questions about your health, travel or lifestyle (or need to cancel or rearrange your appointment), give the donor advice line a quick ring on **0345 90 90 999**.

For more information about what to expect on the day,
visit our info page

Every blood type counts

Every donation matters

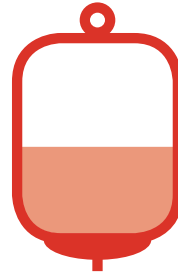


There are 8 blood types, and some are more common than others.

O+, A+ and O- are the most common blood groups, making up nearly 80% of the population. That's why these blood groups are always in high demand.

We aim to keep six days' blood in stock to meet the needs of patients in Scotland.

You can see current blood stocks at scotblood.co.uk



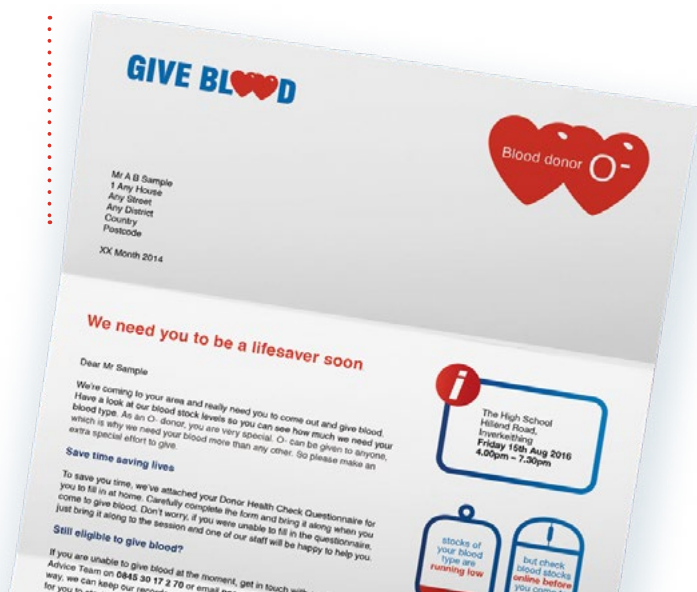
Blood has a shelf life of just 35 days and can't be stockpiled.

That's why it's not unusual for blood stocks of some blood groups to fall below our minimum six day level. This means we might have to contact you at very short notice.

Come and give blood.

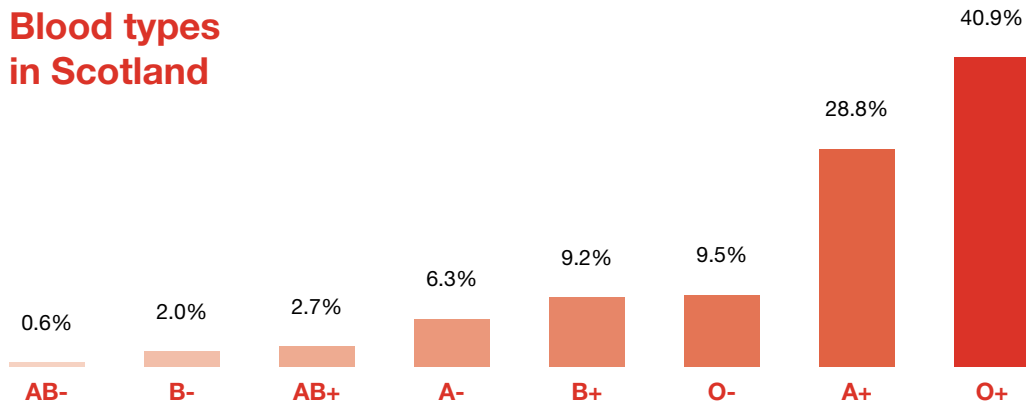
After you have donated for the first time, we'll write to let you know your blood group, and it's very important that you come when we call.

Some blood donors later decide to become plasma or platelet donors. Find out more about [giving plasma](#) and [giving platelets](#) on our website.



Find out why it's so important to know your blood group

Blood types in Scotland



Your blood type determines which patients your blood can treat.

For example, if you have O- blood, any patient with any blood type can receive your blood.

		Donor's blood type							
		O-	O+	B-	B+	A-	A+	AB-	AB+
Patient's blood type	AB+	●	●	●	●	●	●	●	●
	AB-	●		●		●		●	
	A+	●	●			●	●		
	A-	●				●			
	B+	●	●	●	●				
	B-	●		●					
	O+	●	●						
	O-	●							

Just three teaspoons of blood can save the life of a premature baby.



**Kate's
Story**

patient stories

GIVE BLOOD

In order to keep me alive and, possibly more importantly, to let me live my life to the fullest, I have depended on blood transfusions



Receiving blood literally changes your life

Kate Kenyon from Aberdeenshire explains the effect blood donations have had on her life.

Blood donations are known for keeping people alive during surgery or after major incidents but they're also vital to those living with long-term health conditions. I've suffered with chronic kidney failure for the last 27 years, since I was three, and subsequently I've needed two kidney transplants. This has resulted in numerous blood transfusions, not just during surgery but to give me a boost when I've been anaemic.

The O Negative blood type is an incredible group because it can be given to anyone at any time, regardless of their own blood type. This makes it extremely valuable when blood is needed immediately, especially for babies. Because my blood type is O Negative, I can only receive blood from other O Negative donors – less than ten percent of the Scottish population. This makes every donation for everyone in this blood group even more vital.

Receiving blood literally changes your life. Sometimes you go into hospital feeling as if you may never walk out again, but then leave feeling on top of the world and able to climb Mount Everest. I've seen it with my own eyes and been the person who's benefitted from it.

I've gone from being almost unable to move to going outside and playing with my nieces and nephews, going out for coffee with friends or spending time with my family; being a regular human doing things that make me happy!

Someone may have overcome their fear of needles to save me, or just simply wanted to do some good. If you are one of those people, thank you for saving my life.

Find more amazing patient stories

After giving blood

How do you feel?

Most donors say giving blood doesn't hurt at all and they feel really proud and happy after donating. However, if you do start to have a sore arm, feel unwell, or have any other concerns, please speak to a member of staff.

Look after yourself

We'll bring you a drink after you've donated, and get you to rest on the bed while you finish it. Make sure you have plenty more to drink for the rest of the day to replace the fluids you've donated. It's a good idea to have a snack as well.

Look after your arm

Keep the dressing on for at least two hours. Avoid heavy or strenuous activity with the arm you gave blood from for the rest of the day.

Staying safe

For your safety, we advise that you avoid strenuous or hazardous activities for the rest of the day. If you feel faint after leaving the session, lie down straight away. If needed, you can call us for advice on **0345 90 90 999**, or seek medical help through your GP, **NHS 24 (111)** or your local A&E department.

Keep in touch

Let us know if you become unwell in the next 14 days – it may mean that your blood is not safe to give to a patient this time.

On behalf of the many patients you have helped by giving blood – thank you.

Donor Care Line: **0345 90 90 999**
Or visit **scotblood.co.uk**

If people like you give just an hour to donate, you could help save lives



Two easy ways to book

You can **book your appointment online**

Or, you can call us on **0345 90 90 999 (Mon-Fri, 9am-5pm)**.
Our friendly team are here to help and can answer any questions you may have.

t: 0345 90 90 999

e: nss.snbtSENquiry@nhs.scot

w: scotblood.co.uk

f [givebloodforscotland](https://www.facebook.com/givebloodforscotland)

@givebloodscotland

@givebloodscot

@GiveBloodScotland



GIVE BLOOD