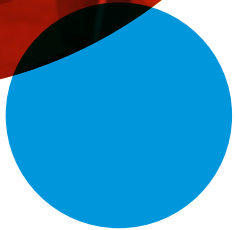


**Information
on your
haematocrit
level**



Introduction

Thank you for coming to give plasma today. We are sorry we could not take a donation from you. This was because your haematocrit level was too high.

What is a haematocrit level?

The haematocrit blood test measures the proportion of red blood cells in your blood. Our apheresis machines can only collect plasma if the donor's haematocrit is at or below 0.50.

My haematocrit level was high. What does this mean?

If your haematocrit is too high it might mean you have too many red blood cells. The normal levels vary for men and women, with 0.52 or below considered normal for males, and 0.47 or below for females. Sometimes a higher level can go back to normal without any issues. Some healthy people naturally have levels slightly above the norm.

As we have found you have a high haematocrit, we would advise you to talk to your own doctor, as you may need more tests. Please make an appointment and take this leaflet, which has your haematocrit level written on the back.

When can I give blood again?

Please wait three months before coming back. This gives time for your haematocrit level to return to normal. If your GP checks and it's back to normal, you might be able to return sooner. Feel free to get in touch if you want to talk more about this. Next time you give plasma, we'll check your haematocrit level again before starting.



Donor name: _____

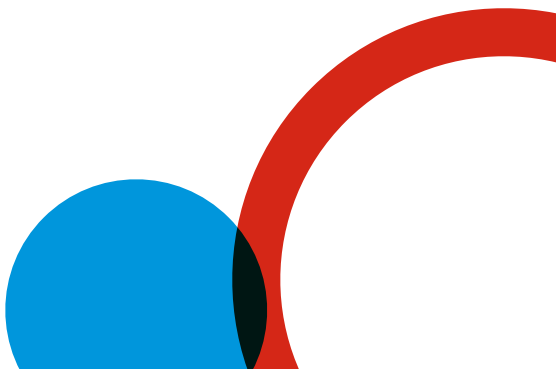
Donor number: _____

Date: _____

Your haematocrit level was measured today and was: **High**

Your haematocrit level is _____

Additional comments/ results (if required):



What happens next?

Your test result is **higher** than normal. Show this result to your GP and they'll decide if you need more tests. Usually, you'll need to wait three months before donating again, but if your GP checks and your haematocrit level is back to normal, you might be able to return sooner.

Staff member name: _____

Signature: _____



To find out more, use the contact us form at scotblood.co.uk or email us at nss.snbtSENquiry@nhs.scot.

Alternatively, call us 9am-5pm, Monday to Friday, on **0345 90 90 999**.

Contact us

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e: nss.snbtSENquiry@nhs.scot

w: scotblood.co.uk

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