

Did You Know Blood Donations Benefit The Donor TOO!

- ♥ Improves blood flow balances iron in the blood burns calories
- ♥ Reduce the risk of stroke and heart attack
- ♥ You get a free mini health check including
- ♥ Checking your haemoglobin level, weight, blood pressure
- ♥ Your blood will also be tested for infectious diseases such as HIV, hepatitis, and syphilis

*Please note this should not be used as a replacement for medical care however does give you an indication into your general health

How Often Can A Person Donate Blood?

You must wait at least eight weeks (56 days) between donations of whole blood and 16 weeks (112 days) between Power Red donations. Platelet apheresis donors may give every 7 days up to 24 times per year.

How Can I Be A Hero?

It's simple – DONATE BLOOD!



DON'T WAIT DONATE



**WANT TO BE
A SUPERHERO?**

Call +675 324 8195
or +675 324 8357

CONTACT THE SIR BRIAN BELL CENTRE FOR TRANSFUSION MEDICINE
and ask "how you can give the gift that keeps on living" - Call 324 8195/324 8357

Not in POM? Contact your local hospital or provincial health authority for your nearest donation facility

sirbrianbellfoundation.org.pg
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WE NEED YOUR BLOOD!

Give The Gift That Keeps On Living

Roughly 320 bags of blood are required each day at the Port Moresby General Hospital however roughly only 35 bags of blood are being collected per day. We always require more blood donors at the Sir Brian Bell Centre for Transfusion Medicine.

Who Does Donated Blood Help?

Women with complications of pregnancy, such as ectopic pregnancies and haemorrhage before, during, or after childbirth; children with severe anaemia often resulting from malaria or malnutrition; people with severe trauma following man-made and natural disasters; and many complex medical and surgical procedures and cancer patients.

Am I A Suitable Donor?

To ensure the safety of blood donation for both donors and recipients, all volunteer blood donors must be evaluated to determine their eligibility to give blood. The final determination will be made on the day of the donation. Suitable Donors are:

- ♥ Fit and healthy
- ♥ Aged between 18-60 years · Weigh at least 50kgs
- ♥ Drink at least 3 glasses of water/juice in the 3 hours before donating blood and have something healthy to eat.

Before You Donate Blood It Is Important To:

- ♥ **EAT A HEALTHY DIET:** Maintain a healthy iron level in your blood by eating iron-rich foods, such as red meat, fish, leafy greens, beans, iron-fortified cereals and bread, eggs, and raisins which can make up for the iron you lose when donating blood.
- ♥ **GET A GOOD NIGHTS SLEEP:** It's important to get a good night's sleep before blood donation. Hydrate: Drink plenty of water or juice in the days before donating, which will help prepare your body for the extra loss of fluids.
- ♥ **EAT A HEALTHY MEAL:** Avoid foods high in fat (burgers, ice- cream, chips, etc.) before donating blood as fatty foods can affect the tests performed on your blood i.e. for infectious diseases.
- ♥ **AVOID ALCOHOL:** Avoid drinking alcohol for at least 24 hours before blood donation and at least 8 hours after.

How Do You Ensure Or Determine That The Donated Blood Is Safe To Use?

All blood is screened for infectious diseases such as HIV, hepatitis, and syphilis at the Sir Brian Bell Centre for Transfusion Medicine prior to being used and all testing and cross matching and grouping of blood is performed on site before being provided for patient use at PMGH.

