



How to become a blood donor.

Welcome

Every minute of every day, someone somewhere receives a blood transfusion. Without blood donors, hospitals simply could not operate. The Scottish National Blood Transfusion Service (SNBTS) always needs new blood donors and we would very much like to welcome you. This leaflet will give you all the information you need to start saving and improving lives.

Why give blood?

Blood is needed for lots of reasons. Accident and emergency wards depend upon blood donors for emergency situations. Many cancer and leukaemia patients need regular blood transfusions as part of their treatment. Just three teaspoons of blood can save the life of a premature baby. However, only 3% of people in Scotland are blood donors. Please help us by signing up now.

Who can give blood?

You must be 17 or over to become a blood donor. There are some rules in place to make sure we are taking the very best care of you. Reasons you might not be able to give blood on this occasion include:

If giving blood could affect your own good health.

For example:

- If you are unwell on the day of donation, perhaps with flu or a bad cold.

- If you are pregnant, or if you have been pregnant within the last six months, you may not be able to give blood - please discuss with us.
- If you have certain medical conditions or are taking certain types of medication (although most medicines are ok).
- If you have had keyhole/major surgery or an endoscopy in the past four months.
- You must weigh over 7st 12lb (50kg) to be able to give blood. If you are female and under 20 years old, extra rules do apply: if you are either under 5' 6" (168cm) in height, or under 10st 3lb (65kg) in weight, your height and weight will be taken into consideration. If you are female and under 20 years old, you can check if you meet the height and weight criteria on our website www.scotblood.co.uk If you are unsure, please call our donor helpline on **0345 90 90 999**.

If your blood could transmit an infection to the person who receives it.

For example:

- Please let us know about all foreign travel in the past year and any stays of more than six months outside the UK at any time in the past.
- If you have ever injected drugs.
- If your lifestyle puts you at increased risk of HIV or hepatitis.
- If you have had ear/body piercing or a tattoo within the last four months.
- If you have received blood, or think you may have received blood, since 1980.

Other criteria also apply. Our staff can discuss

this with you when you come along to give blood. For more information on who can donate, please visit www.scotblood.co.uk

Where can I give blood?

SNBTS collects blood in towns and cities throughout Scotland. We also have blood donor centres in Aberdeen, Dundee, Edinburgh, Glasgow and Inverness. To find out the best place for you to give blood, please call us on **0345 90 90 999**, or use the session finder on www.scotblood.co.uk

What happens when I come to give blood?

Before coming along to give blood

Please make sure you have something to eat and drink before you visit.

Getting started

You will be asked to read the Donor Information Leaflet and fill in a Donor Health Check Questionnaire.



Someone will go over your answers to the questionnaire and explain the donation process.

This is simply to check you are in good health and that giving blood will not harm you or the patient who receives your donation. You will also have the chance to ask any questions you may have.

Testing your haemoglobin (iron) level

To make sure your body can spare a pint of blood, your haemoglobin level needs to be tested. This is done by taking a small sample of blood from your finger.

Now it is time to give your donation

Your donation will take around ten minutes to collect. We aim to take 470mls of blood, with additional samples for testing. This may sound like a lot but it is less than a pint in total.

After a short rest, you will relax and enjoy biscuits and a drink.

What happens next?

Simply fill out the slip and return it to us so we can register you as a blood donor. We will write to let you know the next time we are in your area. Please make an extra special effort to attend and bring any friends, family members or colleagues along with you. Our staff will give you an extra warm welcome and are on hand to assist you.

If you would like to register as a blood donor, please complete this form.

The Scottish National Blood Transfusion Service is part of NHS Scotland and is Scotland's specialist provider of blood, tissues and cells for patients in Scotland. We use personal information from donors to support us in this task.

We keep information about donors and donations for at least 30 years. This is to make sure we meet the legal requirements that apply to providers of blood, tissues and cells.

Data protection law gives you certain rights over how SNBTS uses your personal information. For more information visit www.scotblood.co.uk

First name(s): _____

Surname: _____

Title: _____

Date of birth: _____

Address: _____

Postcode: _____

Phone number (daytime): _____

Phone number (evening): _____

Mobile: _____

Email: _____

Have you given blood before? YES/NO

If yes, where and when did you last give blood?

Please remove, complete and return this slip to:

Donor Marketing and Engagement
Scottish National Blood Transfusion Service
25 Shelley Road
Glasgow G12 0XB

After your first donation, we will post your blood donor card to your home. This card will feature your blood group. It is then very important you continue to give blood at least once a year and we may ask you to donate as often as three times a year (leaving at least 12 weeks between donations).

By giving blood, you are helping patients when they need it most. These patients may need life saving treatment for trauma, cancer, after childbirth, or surgery. The patients who receive your blood cannot thank you personally. So on their behalf and from everyone at SNBTS, thank you very much.

Thank you for registering as a blood donor. Talking saves lives too. Please bring a friend along with you to give blood if you can.

I would like to start saving lives

Whether you are thinking about giving blood for the very first time or you have been a blood donor in the past and would like to start again, we would love to hear from you.

Three ways you can sign up as a blood donor:

- Call us on 0345 90 90 999
- Sign up online at www.scotblood.co.uk
- Fill in the form overleaf, put it in an envelope and send it back to us



Contact us

t: 0345 90 90 999

e: nss.snbtSENquiry@nhs.scot

w: scotblood.co.uk



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