

Staff member name:

Signature:

Additional comments:

Contact us

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

 [@givebloodscot](https://twitter.com/givebloodscot)

 [givebloodscotland](https://www.instagram.com/givebloodscotland)

If you have any questions, please email us
at nss.snbtsequiry@nhs.scot or call us
on **0345 90 90 999**

September 2025
NATL 511 02



**Lipaemic
Donation**

**Plasma
and
platelets**

Thank you for donating today.

We are sorry we could not complete your donation today. This is because the plasma in your donation appeared milky (instead of clear), which suggests a high amount of lipids (fats) are present. Unfortunately, this means we are unable to use your donation as these lipids affect the manufacturing process.



milky



clear

Why did this happen?

This may happen if a donor has had a high-fat meal before donating. It may also be associated with underlying health issues for example, raised cholesterol and related conditions.

Avoiding fatty meals in the 24-hours before donation can reduce the risk of this happening.

Visit <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/fats> for more information about what food is considered high fat.

Donor name:

Donor number:

Date:

- ☐ This is the first time this has happened. You can continue donating as normal. Please avoid fatty food in the 24-hours before donation to reduce the chance of this happening again. You may wish to discuss this information with your GP.
- ☐ This has happened more than once in a row. Please see your GP who will decide if further tests are needed. Please show your GP this leaflet. We would be delighted to welcome you back to donate if your GP check-up is satisfactory.