

Instruction for the donors

Pre donation care

Donor

- Should have taken a light snack in the 4 hours preceding donation.
- Should avoid donating blood immediately after heavy meal.

Post donation care

Donor should take following precautions after the donation.

Eat & Drink

- Something after the donation.

Drink

- More liquids, then usual in next 4 hours.

Avoid

- Consuming alcohol, until you have eaten something.
- Climbing the steps for the next 30 minutes.
- Going in strong sunlight for next 30 minutes.
- Lift heavy weight

Do not

- Smoke/Chew tobacco for next 30 minutes.
- Leave the donation site without prior permission of a staff member.

If

- Bleeding from the phlebotomy site occurs:
Raise your arm and apply pressure
- Sensation of "Fainting" or "Dizziness" occurs:
lie down & raise your legs.
- There is a collection of blood underneath the skin called hematoma causing coloration do not worry. It is transient and will disappear on its own.
- Any symptom remains for a longer period:
Contact the "Prathama" on Ph: 26600101. Visit the doctor personally for advice.

Resume

- Your normal activities, if no symptoms occur.

Remove

- The bandage next day.

Donate

- Again at PRATHAMA to strengthen your blood insurance as given in your donor booklet.



प्रथमा

PRATHAMA BLOOD CENTRE

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We are a charitable trust and a registered 'Not for Profit' organization

Blood Pressure

Normal B.P. in adults

Systolic	100-140 mm of Hg	
Diastolic	Normal	60-85 mm of Hg
	High Normal	< 90 mm of Hg

When hypertension is suspected, blood pressure should be measured at least twice on two separate occasions.

Classification of Hypertension

Category	Diastolic B.P.
Mild	90 - 104 mm of Hg
Moderate	105-114 mm of Hg
Severe	> 115 mm of Hg

If there is a deviation from normal B.P. in a donor, then do :

- Weight reduction
- Diet (Especially salt restriction)
- Exercise
- Consult your physician