

NEW INFO FOR DONORS

We are pleased to introduce a new post donation care handout for donors. All in one convenient sheet, this new handout combines the information of the bottom, tear off portion of the Donor History Questionnaire (DHQ) and the post donation care brochure.

Clear instructions for donors who have second thoughts


Quick reference for adverse symptoms

Individual tracking number for blood

Personalized health vitals

Second Thoughts?

Any second thoughts about the safety of your donation? If you have ANY REASON to believe your blood may not be safe to give to another person, please let us know immediately. Leave us a confidential voice message, available 24 hours a day, seven days a week.

 **808-845-9966**

Post Donation Illness


Within 14 days after your donation, please call us if you have signs of an infection or flu-like illness. In particular:

- Fever greater than 100°F
- Muscle and/or joint aches or weakness
- Headache
- Eye pain
- Skin rash
- Loss of appetite, nausea or vomiting
- Bleeding/easy bruising
- Swollen lymph glands

When calling please give us this blood unit number. DIN

Your Health Screening Results

Blood Pressure	
Pulse	
Hemoglobin	
Temperature	
Your Next Eligible Donation Date	

 **Blood Bank of Hawaii**

Post Donation Care

If at any time you become faint or dizzy, immediately lie down with your legs elevated for 15 minutes. Once you're feeling better, get up slowly. If any symptoms persist please call Blood Bank of Hawaii or your physician as necessary.

Immediately After Donating

- Relax for 10-15 minutes in the donor canteen.
- Drink and eat before leaving the donor center.
- Refrain from smoking for at least 30 minutes.

4-6 Hours After Donating

- Remove bandage.
- If there is bleeding from the donation spot-- raise arm, apply pressure for 5-10 minutes, and then reapply bandage.

24 Hours After Donating

- Drink more fluids than normal and eat well.
- Refrain from consuming alcohol.
- Refrain from heavy lifting and strenuous exercise.

Treatment of Bruise or Pain

Swelling, bruising, pain or discomfort at the needle site can occur from oozing or bleeding under the skin resulting from lifting heavy objects after donating or from difficulty during the donation process.

If you experience any of this:

- Apply ice during the first 24 hours for swelling or pain.
- Apply heat after 24 hours.

For additional questions about your donation, call Blood Bank of Hawaii.

808-845-9966

Blood Bank of Hawaii COLJ001 REV New SOP Reference: 7.4.26 Rev 18

Easy to read post donation care tips

Patient safety and donor info

Donor care

Please note, we omitted the donor signature and date section. Based upon initial feedback, we plan to add this back in when we reprint. In the meantime, proof of visit forms will still be provided to donors upon request.

We are excited to offer this new handout in efforts to improve both donor and patient recipient safety.