



What is the responsibility of a blood donor?

To provide correct information about one's health status before blood donation.

What is the replenishment time of this donated blood?
Liquid part is replenished in 2 days and cells within 21 days.



How long blood can be preserved in the blood banks?
35 Days

How much blood we have in our body?
Men have 75ml/kg body weight and women have 50ml/kg body weight.



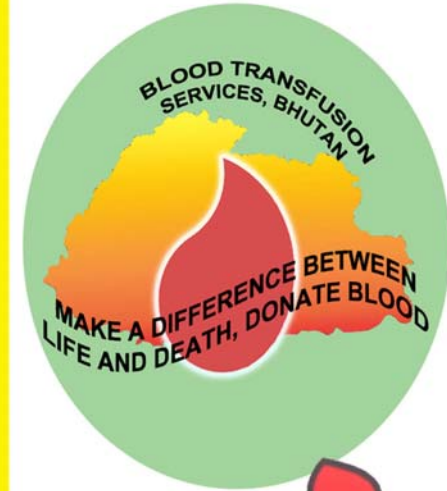
If you donate a Drop of **BLOOD!**
You are giving a New **LIFE**



Please contact Blood Bank at your nearest Hospital

Produced by : ICB / National Blood Bank, JDWNRH.
Thimphu. Bhutan

**Donate Blood
Save LIFE!**





Who can Donate Blood?
Every healthy adult between the age of 18 and 60 years can donate blood.

How often can one donate blood?
It is safe to donate blood once every three months.



Is there any danger in donating blood?

There is virtually no danger since:

Only healthy persons are encouraged to donate blood.
Only sterile needles are used to collect blood.



Why should I donate blood?
Because there is no substitute to blood.



How much blood is taken?
At each donation blood bank will take 350-450 ml. of blood.



Do I need to restrict anything after donation?



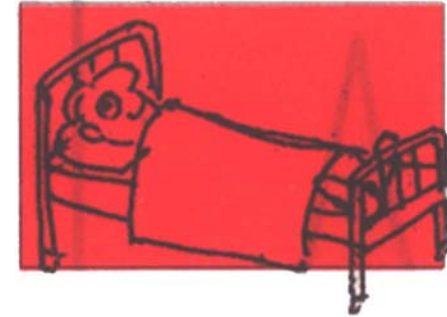
- Do not drink alcohol or smoke for next 1 hour.
- Do not do any heavy work or exercise on that day.
- You can continue your routine work after donation.

Who cannot donate blood?

- A person who is anemic, i.e, one who has hemoglobin level of less than 12/DL.
- A person who has suffered from Hepatitis B, Hepatitis C, AIDS and sexually transmitted diseases.
- A person who is addicted to narcotic drugs.

Does it hurt?

A gentle pressure is all what you will feel when the needle is pricked.



What are the benefits I get by donating blood?

You will be checked for weight, blood pressure and pulse rate by a doctor. Your hemoglobin will be tested. Your blood will be tested for hepatitis B, C, HIV and syphilis.

When you or your dependent needs blood, blood bank will cater your needs too.

