



Frequently Asked Questions on

BLOOD DONATION

- 1. Who should donate blood?** - Any individual in good health , 16-65 years, 50 kg, having eaten before donating to avoid feeling dizzy and weak after donating
- 2. Where can I donate blood?**- There are 6 blood collection centres in Botswana namely: Gaborone near KFC, Francistown near Tebelopele, Scottish, Letsholathebe, Mahalapye, Sekgoma hospitals and Marina Autologous blood collection centre
- 3. Why should I donate blood?**- To save lives
- 4. Is it safe to give blood?**- It is safe as donors go through consultation ,Before donating blood donors are checked haemoglobin(iron level) , blood pressure weight and general physical exam to make sure blood is collected from safe donors.
- 5. How will I feel after donating?**- The body naturally replaces the lost fluids within 48 hours, after donating there are cases when donors can feel dizzy due to either reducing in body fluids it's advisable to increase fluid intake after donating to replenish the lost fluids.
- 6. What should I do after donating blood?**-rest at least 15 minutes while taking refreshments to replace sugar and replenish lost volume
- 7. Can I donate blood for myself?** - Donated blood shelf life is 42 days the blood will be used for emergency and other

medical/surgical cases. But pregnant women and patients going for operation can donate for themselves prior to procedures.

8. How often can I donate blood?- Females donate every 4 months, males every 3 months

9. Can I donate during my menstrual period?- As a precaution measure women on menstruations are not advised to donate blood during menstruation as the body needs to recover after loss of body fluids to regain optimal good health

10. Can I get HIV from donating blood? - When collecting blood only sterile equipment's are used to minimise cross infection.

11. Can pregnant women donate blood? - Only at Princess Marina Autologous donation Clinic.

12. What do I get in return for my blood donation? - Blood donation is voluntary and non- remunerated (not paid) and is used to save lives

13. What does the NBTS do with my blood?- Test it and ship to different hospital laboratories

14. Does the NBTS pay blood donors?-No

15. Which food or supplement can I take to replenish my blood?- Iron rich food e.g. liver, spinach, kidneys, legumes, and fruits

16. How can I become a pledge 25 group member?- Register with the club on Facebook page "Pledge 25 Botswana "or visit NBTS or collection center near you

17. What does it mean to have a rare blood type?- a rare blood type is any blood type that is difficult to find in the population, they are usually, Rh-negative, which is the lack of antigens in the Rh system ie O-, A-, AB- and B-.

18. How does the NBTS meet the need for rare blood types? Keeping data base of the clients through Blood donor Relations Unit. And contacting them during times of need

19. How soon after donating can I participate in sport? - Blood donors should avoid strenuous exercise and heavy lifting for the remainder of the day of the donation (first 24 hours). This is primarily to give your body a chance to replenish the fluid portion of the blood donated. While strenuous exercise should be avoided, do not have to sit in a chair all day. After you have had a chance to drink some fluids, you might enjoy some light to moderate activity if you feel up to it. High intensity exercise after donation can cause fainting and may increase the risk of excessive bleeding from the area where the needle enters your skin. We highly suggest drinking a lot of fluids and waiting 24 hours to avoid dehydration.

20. What tests are performed on my blood after donation?- HIV, Hepatitis B, Hepatitis C, Syphilis and blood grouping these tests are performed to ensure that blood shipped to hospitals is safe for recipients.

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For More Information Contact
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