وزارة الصحة
Ministry of Health

التجمع الصحي بمكة المكرمة
Makkah Healthcare Cluster

KAMC Holy Capital

Thank You For Donating Blood





Medication Deferral List

- Please tell us if you are now taking or if you have ever taken any of these medications.

Medications	Donation Deferral Period From Last Dose
- Proscar, Propecia, Accutane	(One Month)
- Avodart (Dutasteride)	(Six Months)
- Soriatane (Acitretin)	(Three Years)
- Aspirin or Feldene	72 hours for platelets donors or more if taken as therapy
- Plavix and Ticlid	14 days for platelets donors or more if taken as therapy
- Antibiotics	deferral will vary depending on the reason of taking the antibiotics and its type.
- Pain medications	deferral will vary depending on the reason of taking the antibiotics and its type.
- Asthma inhalers and anti-allergy medications	deferral will vary depending on the reason of taking the antibiotics and its type.

Medications may not be allowed to donate blood for permanent



If you are using, or had used the following medications

- Tegison (Etretinate)
- Growth hormone from human pituitary glands
- Insulin from cows (bovine, or beef, insulin)
- Some types of Chemotherapy
- Experimental Medication effect on blood donation is unknown. Deferral is one year unless otherwise indicated.

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Platelets Apheresis Donor Educational Material

Platelets are very tiny blood components that are useful for blood clot process.

Platelets donation is very important for keeping platelets units available for patients in demand for example oncology patients, surgery cases or patients in intensive care units.

Platelets donation using apheresis machine helps collection of adequate doses on platelets while returning the red blood cells and plasma to the donors

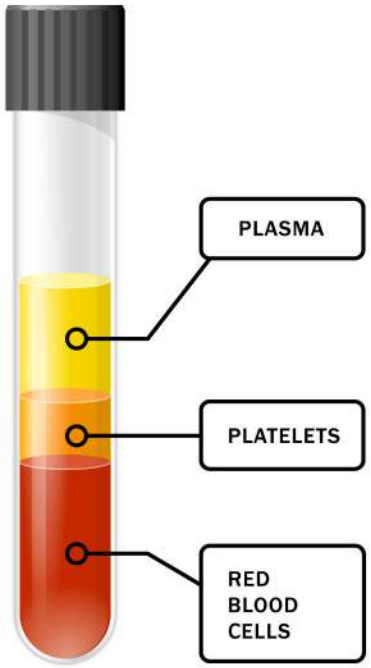
The time needed for collection of platelets via apheresis depends on the weight, height, platelets count and blood volume of the donors. It usually takes 45-90 minutes. The body can replace the donated platelets within two to three days.

You can donate platelets using apheresis techniques once every one-two weeks but not more than 4 times monthly and not more than 24 times yearly.

Do not donate blood unless you think your blood is safe for transfusion. You can withdraw yourself from the donation process at any time if you believe that your blood is not suitable for transfusion.

However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately.

Certain diseases such as AIDS and Hepatitis B or C can be spread through sexual contact, injections with infected needles, transfusion with contaminated / infected blood, or body fluids. We will ask you specific questions about sexual contact, sexual, and other suspicious behaviors.



Please take time and answer the questionnnaire honestly and precisely.

Do not hesitate to ask blood bank staff if you have any concerns or doubts. Bank staff and will be happy to serve you. All information you provide is confidential.

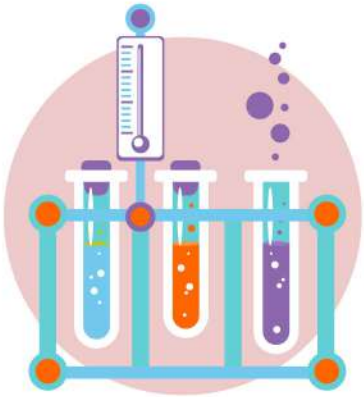
To determine if you are eligible to donate Platelets using Apheresis, we will:

- ☐ Ask you to present original photo ID (national or Iqama ID)
- ☐ Confirm your age; 18 years or older.
- ☐ Ask about your health and travel history
- ☐ Ask about medicines you are taking or have taken (Refer to medication deferral list)
- ☐ Ask about vaccination you are taking or have taken (Refer to vaccination deferral list)
- ☐ Ask about possible risks for infections that can be transmitted by blood, including HIV and viral hepatitis
- ☐ Check your weight, blood pressure, temperature and pulse
- ☐ Check hemoglobin level and Platelets count



Do not donate if you:

- ☐ Have AIDS or have ever had a positive HIV test or other infection markers
- ☐ Have EVER used needles to take any drugs not prescribed by your doctor
- ☐ Are a male who has had sexual contact with another male, in the past 12 months
- ☐ Have EVER taken money, drugs or other payment for sex
- ☐ Have had sexual contact in in the past 12 months with anyone described above
- ☐ Have been in detention, lockup, jail or prison for more than 72 consecutive hours in the past 12 months
- ☐ Have Hijama or tattoo or needle piercing in last 3-12 months
- ☐ Have fever or history of Hepatitis or hepatitis or jaundice



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- Blood can transmit infections, including HIV/AIDS, even if the blood donor feels well and all tests are normal. This is because not all tests can detect the virus the early period after the infection, so called window period.
- DO NOT DONATE BLOOD to get a test! If you think, you may be at risk for HIV/AIDS or any other infection, do not donate simply to get a test. You may ask us where you can get the tests done.
- In case of emergency, your blood may be transfused to a patient before tests are completed. Please make sure you answer all questions and concerns honestly, and don't donate if you know you have infectons.
- The following symptoms can be present before an HIV test turns positive:
  - Fever
  - Enlarged Lymph Glands
  - Sore Throat

DO NOT donate if you have these above symptoms!

Travel to or been born in other countries :

Blood donor tests may not be available for some infections that are found only in certain countries.
If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.
Blood bank staff shall review with you the travel history at time of interview.



If you are eligible to donate platelets using apheresis machine; we will:

- Clean your arm with an antiseptic. Tell us if you have any skin allergies e.g idoine.
- Use a new, sterile, disposable needle to collect your blood
- Connect the line to apheresis instrument and start collection of blood

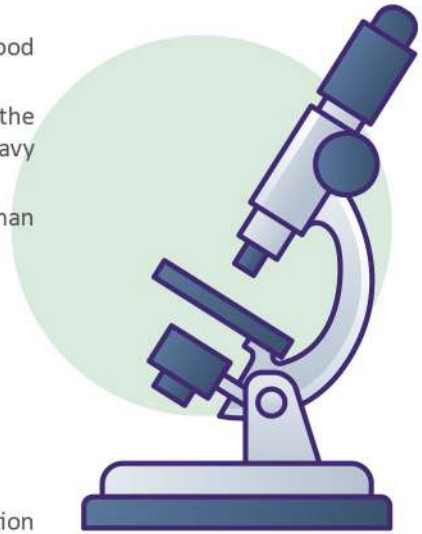
The collected blood will be anticoagulated using citrate which may cause drop in your calcium level. Hypocalcemia may cause tingling and numbness sensation around the lips, jaws and other symptoms. On very rare occasions, apheresis donation may cause hypotension or pain at site of needle insertion. Please let the staff know as soon you start to feel any abnormal or uncomfortable symptoms.

What happens after your donation :

- To protect patients, your blood shall be tested for several types of infections including Hepatitis B and Hepatitis C, HIV, Syphilis, HTLV, Malaria and other infections.
- If your blood tests positive, it will be discarded and you will not be allowed to donate blood again in case test results was repeatedly or confirmed positive.
- You will be notified about the results and given the counselling and instructions required accordingly.
- The blood bank shall not release your test results without your written permission unless required by law. For certain positive tests markers, the health authorities will be ignored according to the policies and regulations.
- Please communicate with us at any time in case you want us to discard or not use your donation, have new symptoms e.g. fever or pain that may indicate an illness, or developed symptoms or signs you think could be related to blood donation.

Post blood donation tips:

- Should not leave the donation bed until allowed to do so.
- Wait for 10-15 minutes before leaving the blood donation area.
- Eat well and healthy. Drink a lot of fluids in the following days. Avoid dehydrations and heavy excercise.
- Refrain from smoking for a period of not less than half an hour.
- Avoid heavy sports or heavy work for a day.



Thank your for donating blood today.

For communications and inquires:

- Phone: 012/5549999
- Ext. No.: 10652 or 10657 (office hours)
- Ext. 10654 outside office hours (for notification after donation only)
- Email : bb@kamc.med email
- Bravo (Mobile) : +966 515 16 5066

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Vaccination Deferral List



No.	Name Of Vaccine	Acceptability
1.	Anthrax Vaccine	• Accept , if donor 's symptoms free and afebrile
2.	Cholera	• Accept , if donor 's symptoms free and afebrile
3.	Diphtheria	• Accept , if donor 's symptoms free and afebrile
4.	Hepatitis A Vaccine	• Accept, if donor 's symptoms free and afebrile and it is given as prophylactic not related to infection exposure. • 120 days if given post-exposure to Hepatitis A
5.	Hepatitis B	• Accept , if donor 's symptoms free and a febrile
6.	Hepatitis B Immune Globulin (Hbig); Post Exposure	• 12 months
7.	Influenza (Injection /nasal)	• Accept , if donor 's symptoms free and afebrile
8.	Lyme Disease	• Accept , if donor 's symptoms free and afebrile
9.	Parathyroid	• Accept , if donor 's symptoms free and afebrile
10.	Pertussis	• Accept , if donor 's symptoms free and afebrile
11.	Plague	• Accept , if donor 's symptoms free and afebrile
12.	Meningococcal Or Pneumococcal Polysaccharides	• Accept , if donor 's symptoms free and afebrile
13.	Polio (Salk /injection)	• Accept , if donor 's symptoms free and afebrile
14.	Rocky Mountain Spotted Fever	• Accept , if donor 's symptoms free and afebrile
15.	Tetanus	• Accept , if donor 's symptoms free and afebrile
16.	Typhoid (Injection)	• Accept , if donor 's symptoms free and afebrile
17.	Human Papilloma Virus Vaccine	• Accept , if donor 's symptoms free and afebrile

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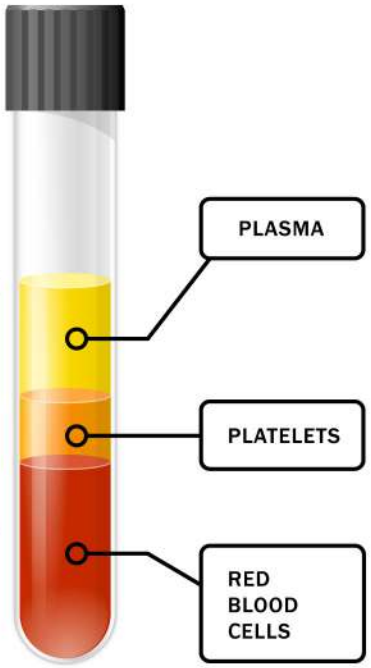


Donor Educational Material

Dear Blood Donor,

kindly read comments below before you proceed to donate blood!

- ☒ Blood donation is a valuable gift. Men and women can donate blood. Whole blood donation can saves life of three patients in addition it provides the blood donors with many health benefits.
- ☒ Do not donate blood unless you think your blood is safe for transfusion. you can withdraw yourself from the donation process at any time if you believe that your blood is not suitable for transfusion
- ☒ However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately.
- ☒ Do not hesitate to ask blood bank staff questions and express your concerns or doubts at any concerns or. Bank staff and will be happy to serve you. All information you provide is confidential.



To determine if you are eligible to donate blood we will:

- Ask you to present original photo ID (national or Iqama ID)
- Confirm your age; 18 years or older.
- Ask about your health and travel history
- Ask about medicines you are taking or have taken (Refer to medication deferral list)
- Ask about vaccination you are taking or have taken (Refer to vaccination deferral list)
- Ask about possible risks for infections that can be transmitted by blood, including HIV and viral hepatitis
- Check your weight, blood pressure, temperature and pulse
- Check your hemoglobin level using finger prick or extract sample, if needed, to be sure that your blood count is acceptable

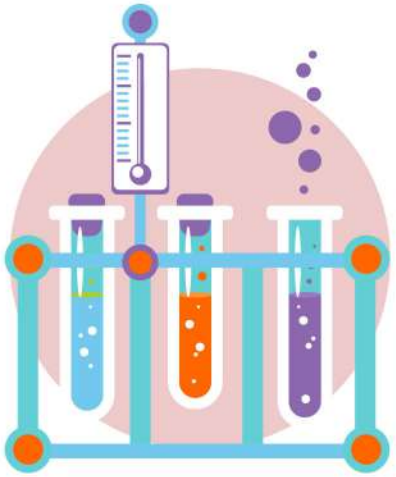
Donor eligibility – specific information :

- Certain diseases such as AIDS and Hepatitis B or C can be spread through sexual contact, injections with contaminated needles, transfusion with contaminated / infected blood, or body fluids. We will ask specific questions about sexual contact, and other related behaviors.



Do not donate if you:

- ☒ Have AIDS or have ever had a positive HIV test
- ☒ Have EVER used needles to take any drugs not prescribed by your doctor
- ☒ Are a male who has had sexual contact with another male, in the past 12 months
- ☒ Have EVER taken money, drugs or other payment for sex
- ☒ Have had sexual contact in in the past 12 months with anyone described above
- ☒ Have been in detention, lockup, jail or prison for more than 72 consecutive hours in the past 12 months



- Blood can transmit infections, including HIV/AIDS, even the blood donor feels well and all tests are normal. This is because even the best tests cannot detect the virus the early period after the infection, so called window period.

Thank You For Donating Blood



- DO NOT DONATE BLOOD to get a test! If you think, you may be at risk for HIV/AIDS or any other infection, do not donate simply to get a test. You may ask us where you can get the tests done.
- In case of emergency, your blood may be transfused to a patient before tests are completed. Please make sure you answer all questions and concerns honestly.
- The following symptoms can be present before an HIV test turns positive:
  - Fever
  - Swollen Lymph Glands
  - Sore Throat

  DO NOT donate if you have these above symptoms!

Travel to or birth in other countries :

Blood donor tests may not be available for some infections that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate. **(Refer to travel deferral list)**



Conditions for donating blood:

- ☑ Must have passed 18 years
- ☑ Must have a weight of no less than 50 kg,
- ☑ Pass the medical questionnaire and interview
- ☑ The measure of vital signs (pulse, body temperature and blood pressure) should be within the normal limits,
- ☑ Has acceptable hemoglobin level and acceptable Platelets count for platelets apheresis donors.
- ☑ A person can donate about (300 - 490 ml) every two months. The body will replace this blood in less than a month.
- ☑ Maximum whole blood donations should not exceed four times a year

If you are eligible to donate we will:

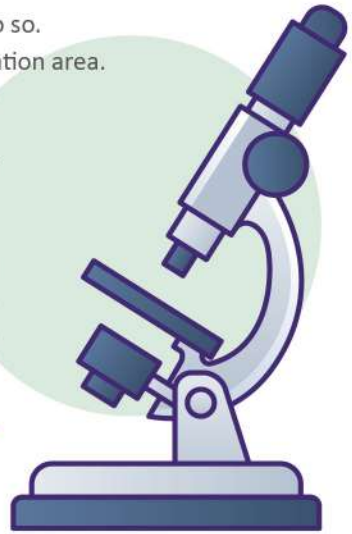
- Clean your arm with an antiseptic. Tell us if you have any skin allergies
- Use a new, sterile, disposable needle to collect your blood
- The whole blood donation process takes about 30 minutes and the actual blood withdrawal takes only 5-10 minutes!

What happens after your donation :

- Your blood shall be tested for several types of infections including Hepatitis B and Hepatitis C, HIV, Syphilis, HTLV, Malaria and other infections.
- If your blood tests positive, it will discarded and you will not be allowed to donate blood again in case test results was repeatedly or confirmed positive.
- You will be notified about the results and given the counselling and instructions required accordingly.
- The blood bank shall not release your test results without your written permission unless required by law. For certain positive tests markers, we will be informing the health authorities according to the policies and regulations.
- Please communicate with us at any time in case you want us to discard or not use your blood, have new symptoms e.g. fever or pain that may indicate an illness, or developed symptoms or signs you think could be related to blood donation.

Post blood donation tips:

- Should not leave the donation bed until allowed to do so.
- Wait for 10-15 minutes before leaving the blood donation area.
- Eat well and healthy. drink a lot of fluids in the following days. Avoid dehydration.
- Refrain from smoking for a period of not less than half an hour. Avoid heavy sports or heavy work for a day.
- You may loose some iron after whole blood donation. You are encouraged to eat high iron meals. In case you are frequent whole blood donor, you may need to check your iron level and consult specialist if level is low.



Thank your donating blood today. For communications and inquires:

- Phone: 012/5549999
- Transfer No.: 10652 or 10657 (office hours)
- Ext. 10654 outside office hours (for notification after donation only)
- Email : bb@kamc.med email
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