



Which blood types are compatible?

Everyone has a specific blood group and it's essential that donors and recipients are matched correctly. Take a look where you fit in:

		Donor							
		O-	O+	B-	B+	A-	A+	AB-	AB+
Recipient	AB+	●	●	●	●	●	●	●	●
	AB-	●		●		●		●	
	A+	●	●			●	●		
	A-	●				●			
	B+	●	●	●	●				
	B-	●		●					
	O+	●	●						
	O-	●							

AB+ is a universal recipient O- is a universal donor

Contact Details:

Telephone numbers
 Main Switchboard 021 507 6300
 Clinic Information 021 507 6364
 Head Nurse 021 507 6355

E-mail
info@wpbts.org.za

Website
www.wpblood.org.za

Head Office Address
 Western Province Blood Transfusion Service
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BLOOD DONATION

It's remarkable!



You're a **healthy person** who leads a **sexually safe lifestyle** and you're just itching to do something remarkable for someone else. For the first time in your life it's a bonus that you **weigh more than 50kg's** and who would've guessed - the fact that you're aged between **16 and 65** means that you're the perfect age!

Now, if you can only get over your fear of needles and realise that with a simple donation of **475ml's of blood**, that takes **less than 30 minutes to donate**, you have the opportunity to **save at least 3 lives** every single time you give blood. Remarkable, isn't it?

Interested?

Blood is truly amazing - it's what keeps us alive. And since it cannot be artificially reproduced, the only way to obtain it is through the voluntary aid of remarkable blood donors.

We will give your **red blood cells** to patients with anaemia and those who suffered trauma or have undergone surgery.

Your **plasma** will go to patients with bleeding disorders.

And your **platelets** will be used to help those with low platelet counts, like patients with Leukaemia or cancer, or those awaiting an organ transplant.



Wondering about what to expect at a donation clinic?

It's quite simple actually

- Once you've located a donation clinic near you, you must make sure that you enjoy a **meal and lots of fluids** within 3 - 4 hours before visiting us.
- On arrival, complete our **health & lifestyle questionnaire** completely and honestly for the sake of your health and of course that of the patient.
- Remember to bring your **ID, driver's licence or donor ID card** with you for identification purposes.
- Hold out your finger for a quick **finger prick test**. We test your haemoglobin (iron) levels this way - it's for your own good, believe us!
- Spend 10 minutes in a comfy chair to **donate 475ml** of rich, lifesaving blood.
- When it's all over, enjoy **refreshments** and **rest**.

“ And that's all it takes to save at least 3 lives ”

When not to give blood

There are various reasons for not being able to donate blood. Some are for the benefit of the donor and others for the good of the patient.

If you don't meet even one of the basic donor criteria, you won't be able to give blood.

Exposure to HIV or any other STD's is a big no-no; and so is being in a new sexual relationship (less than 6 months).

Pregnancy, exposure to needles, planned or recent surgery and a history of cancer, severe heart or lung disease, epilepsy or bleeding disorders are other reasons for deferral.

If you worry that you might not be able to donate, it's always better to contact our Head Nurse (see contact details) before donation, or to speak with one of our nurses at the clinic.

And do we just give your blood to a patient?

Definitely not. Every single donation is tested for HIV, Syphilis, Hepatitis B and C, and has the blood group confirmed. And as mentioned - specific blood products derived from your donation are given to patients according to their specific needs.

We use Nucleic Acid Testing (NAT). This DNA-based technology effectively reduces the window period for detection of HIV to just a few days.

All results must be negative before a unit of blood is labelled and released to our blood banks. Positive blood units are removed, quarantined and incinerated.

