

## What do you know about Blood Donation?



مركز دبي للتبرع بالدم  
Dubai Blood Donation Centre







## About Dubai Blood Donation Centre

Dubai Blood Donation Centre is the main centre for blood donation at the Dubai Health Authority. It is also the main operator for blood provision and its components to all DHA hospitals and private hospitals in Dubai. The centre is located inside the grounds of Latifa Hospital, and the centre is accredited by the American Association of Blood Banks.

## What is whole blood?

Whole blood is composed of two main parts:

A cellular component and plasma component.

The cellular component includes red blood cells, white blood cells and platelets. The plasma component includes proteins, electrolytes and antibodies.

## How does blood keep you alive?

Blood transports the necessities of every cell in your body:

- Red blood cells carry oxygen to tissues and return carbon dioxide to the lungs where it is removed.
- White blood cells protect the body from infection.
- Platelets are required for clotting mechanism to control bleeding.
- Plasma is a liquid containing many of the body's proteins, which fight infection. It also contains elements such as calcium and magnesium, which are required to control bleeding and assist clotting. It distributes nutrients to tissues and transports waste products to the lungs, liver and kidneys, where they are removed.

## When is blood used?

Blood transfusion may be lifesaving in complicated surgeries and in the treatment of anemia and hemorrhage, post-delivery & other causes of hemorrhage.

Some components prepared from blood are used in the treatment of leukemia and other cancers as well as numerous other medical and surgical conditions including bone marrow and organ transplants. Most whole blood donations are processed into components such as red blood cells, platelets concentrates, plasma and cryoprecipitate.

## Who Can donate blood?

Healthy people between their 17th and 65th birthday are eligible to be first-time donors. Soon after each donation, your body will replace the small amount of blood you donated, which is usually 450ml or "one blood unit".

Each unit of donated blood can help up to four patients in need, as each blood unit is being processed into red blood cells, platelets, fresh frozen plasma, and Cryo-precipitate.





## What are the blood groups defined by the ABO system?

There are four major blood groups within the ABO system:

### A, B, O and AB.

The Rh system is divided into two major categories: Rh Positive and Rh Negative.

## What do hospitals need?

### Red Blood Cells

1. To increase red cell mass after trauma or surgery.
2. To treat anemia

### Platelets

1. To stop bleeding.
2. To treat platelets function abnormalities



## Plasma

1. To treat bleeding in persons who have lost large amounts of blood, for example, following massive bleeding due to trauma or complicated surgical procedures.
2. Exchange transfusion for babies.
3. To treat some rare bleeding cases induced by clotting disorders.
4. To antagonize overdose of some anticoagulants (blood thinning medications).

## Cryoprecipitate

1. To treat acute bleeding.

## Are all blood types needed?

All blood types are needed.

Regular donations from volunteer donors help meet the needs of hospitals for blood and blood products.

The table below is representative of the UAE's blood donor population by ABO and Rh groups:

O Rh Positive	A Rh Positive	B Rh Positive	AB Rh Positive
38.6 %	25.2 %	21.8 %	5.6 %
O Rh Negative	A Rh Negative	B Rh Negative	AB Rh Negative
4 %	2.4 %	1.8 %	0.6 %



## How long does it take to donate blood?

It usually takes around 30 minutes to be registered, give blood and rest. Every time you donate, you will be asked to answer a health assessment questionnaire, read educational material, and get interviewed by a trained health professional. The blood donation itself takes about ten minutes. An identification card showing your blood type will be given to you following your first donation and it should be brought to the blood donation centre each time you donate along with your personal identification.

## How long can blood be stored?

Refrigerated red blood cells can be kept for up to 42 days. Other components, like fresh frozen plasma and cryoprecipitate, can be stored for up to one year. Platelets concentrate can only be stored for five days.

## Are there any special instruction for blood donors?

You should be in good health and feel well on the day of donation. You should also have had a good sleep the previous night. Drink fluids after giving blood. Avoid strenuous exercise, avoid smoking for several hours after you give blood and avoid high places.

## Is it safe to donate blood?

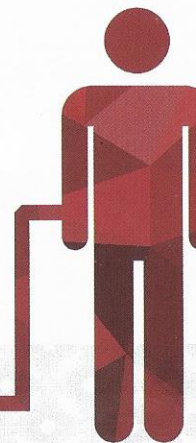
Blood donation is very safe, you cannot get any disease from donating blood. All materials and supplies used to collect blood are new, sterile, disposable and used only once.

## How often can a person donate blood?

Most healthy people can donate every 56 days. The success of the blood programme depends on regular blood donation by healthy individuals.

## Is blood always taken from those who wish to donate?

Dubai Blood Donation Centre is concerned for the well-being of both the donor and recipient. Therefore, if it is not advisable for you to donate blood, the blood donor will be deferred and the reason for deferral will be explained. The deferral may be temporary or indefinite.







For more information please contact:

## Dubai Blood Donation Centre

042193221 or 800342 (DHA)

Visit our website

**[www.dha.gov.ae](http://www.dha.gov.ae)**

The working hours of the Dubai Blood Donation Center are:

7:30 a.m to 7:00 p.m

Sunday to Thursday