


Whole Blood Pre Donation Health Education

Blood donation is a great humanitarian work. Every donor can save of three people who have lost blood in car accident and illness such as cancer and anemia.

- Donating a one blood bag (contains about 450ml), having a mini physical exam and answering questions takes approximately 30 minutes.
- A one blood bag contains: red blood cells, platelets and plasma.
- Some people **can't** donate, because of health or other issues. You may be able to give blood if your health problem is under control.

- They will be test all blood unit to make sure that it is safe to use and checked for its type.
- Have a good meal at least 3 hours before donating.

 Blood donation is very safe; you will not get AIDS or any disease from giving blood; all materials and supplies used to collect blood are new, sterile and disposable.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Outpatient Nursing Department



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