

Information on your blood donation postponement

Thank you for coming in today to donate blood, we appreciate your time.

We understand it can be disappointing to find out that you can't donate right now.



Important information

Your donation was postponed today because

You should be able to donate again from

__ / __ / ____

Other useful things to know

We look forward to seeing you again.

Why do we postpone donations?

Your health is our priority.

There are many different factors that can change how donating blood affects your body. Rather than putting you at unnecessary risk today, you could donate at another time that's better for your health.

To protect the people who receive your donation.

Although we test your blood before it's given to anyone, our tests can't pick up every harmful condition straight away. That's why we leave time to allow for any infections to be detected by our tests or for you to recover.

Most common reasons blood donations are postponed

Low haemoglobin

Haemoglobin is a protein in your blood that carries oxygen and contains iron. If our test shows you have low haemoglobin it can be a sign of low iron levels or another health issue.

Colds and flu

If you have a minor illness without a fever, like a cold, rest up and donate blood once you're better. If you have influenza or a flu-like illness with a fever, give yourself more time — you can donate when you're fully recovered. This is all so you can focus on looking after yourself.

Recent or upcoming surgery

How long you need to wait after surgery depends what the surgery was for, the type of surgery, and the recovery period. To help keep you safe, you may need to wait.

Medication

Although you can donate while taking many different medications, there are some where you can't. Depending on the medication, it could make donating unsafe for you or your blood unsafe for someone to receive.

Travel to certain countries

Even if you take precautions when travelling to areas with a high risk of certain infections, there's a small risk you could still catch something and not know it — and the person who receives your blood could get the infection with it.

Piercing, acupuncture, tattoos or other invasive procedures

If you have had any of these you may have to wait, depending on the sterility and safety of the procedure.

That's not all though — there are lots of other reasons too, from headaches to infections, pregnancy and vaccines.

So if you're not sure if you can give blood, **it's a good idea to check first by giving us a call or asking one of our staff / volunteers.**



QUESTIONS?

CALL THE BLOOD SERVICE ON