



DLSUMC
DE LA SALLE UNIVERSITY MEDICAL CENTER

Nurturing your health

BLOOD BANK



SCAN TO INQUIRE
ABOUT OUR SERVICES





DLSUMC is the FIRST licensed Blood Bank in Cavite

WHY DONATE YOUR BLOOD AT DLSUMC?

An average of 4 cases need blood transfusion every month in any hospital. However, 3 out of 10 cases who need blood do not get it because there is not enough supply. When you donate your blood at the DLSUMC Blood Bank, you help save lives by giving of yourself in just about an hour. You may not meet the person who received your blood, but you will feel good knowing that you helped save a life.

WHO CAN DONATE BLOOD?

Individuals who are:

- 18 years old and above (those below 18 years old need parental consent)
- Generally in good health (successfully passed the physical and health history assessments)
- At least 110 lbs (50 kgs) in weight
- For females: No monthly menstruation at the time of donation (at least 7 days after the last day of menstruation or 7 days before expected date of menstruation)

PREPARATIONS BEFORE DONATING BLOOD:

- Get a good night's sleep.
- Eat iron-rich foods (e.g. red meat, fish, poultry, beans, spinach, iron-fortified cereals and raisins).
- Eat a healthy meal 1 to 4 hours before donation.
- Avoid fatty foods, such as hamburgers, fries or ice cream.
- Drink plenty of fluids like water or juice.
- Avoid caffeine for a few hours and alcoholic drinks for 24 hours prior to blood donation.
- Refrain from taking medications for at least 24 hours prior to blood donation. Apheresis platelet donors, however, must not take aspirin or aspirin products 36 hours prior to the donation.
- Wear clothing with sleeves that can be raised above the elbow.

HOW OFTEN CAN A PERSON DONATE BLOOD?

The minimum interval between donations is 3 months (12 weeks). This allows the body to replace its iron stores.

MALE: at least 3 months interval

FEMALE: at least 6 months interval





BLOOD DONATION PROCESS



REGISTRATION

Fill out a brief health history form. This procedure is private and confidential.



SCREENING

Have your weight, temperature, pulse rate, and blood pressure taken.



ACTUAL BLOOD DONATION

Blood donation takes only 5 to 10 minutes and 250 to 450 milliliters (ml) of your blood. This amount is replenished by the body within 3-5 hours. The process is safe and sterile. The blood sample extracted from you will be initially screened to know your hemoglobin and hematocrit level, blood type, and Rh type.

REMINDERS AFTER DONATING BLOOD:

Remain lying on the bleeding bed for at least 10 minutes after your blood donation.

Leave dressing over venipuncture site/s for at least 3 hours but not more than 12 hours to avoid infection.

Take a light, low fat snack/meal. Avoid eating heartily.

Drink plenty of fluids, like water or juice.

Do not smoke for at least 2 hours and do not take alcoholic drinks for the next 12 hours.

Avoid strenuous activities like lifting heavy objects, driving big vehicles such as buses and trucks, or operating big machines.

Apply pressure on the punctured site and lift the arm in case the site is still bleeding.

If there is discoloration and swelling on the punctured site, you may apply cold compress. Do not be alarmed; it will disappear in a few days.

If you feel faint, dizzy, too cold or suddenly weak, place your head down between your knees.

If you wish to know the complete results of your blood test, you may return any day except Sunday.

WHAT'S THE IMPACT OF BLOOD DONATION?

A single blood donation can provide red cells, platelets, and/or plasma, meaning a single donation could be used to save three different lives.

A single person who gives blood once every 56 days from age 17 to 76 donates over 48 gallons of blood, potentially saving more than 1,000 lives.

HOW IS BLOOD USED?

Red blood cells carry the body's oxygen supply and are needed for patients such as accident victims, those undergoing surgery, or people with anemia or kidney disease.

Platelets help prevent massive blood loss resulting from trauma, or a blood vessel leakage that would not occur in the course of normal, day-to-day activity.

Plasma helps maintain a satisfactory blood pressure and volume and supply critical proteins for blood clotting and immunity.

BE A DLSUMC BLOOD BANK PARTNER

While you may be unable to donate blood, there are other ways you can help. DLSUMC Blood Bank offers partnerships with business companies and school or community organizations by conducting mobile blood donation.

To learn more about this program, contact us at (046) 481-8000 loc. 8013 or (02) 8988-3100 loc. 8013.

DE LA SALLE UNIVERSITY MEDICAL CENTER BLOOD BANK

Ground Floor, DLSUMC Building 1 Annex

Governor D. Mangubat Avenue, City of Dasmariñas, Cavite

Cavite line: (6346) 481-8000 loc. 1197 • Manila line: (632) 8988-3100 loc. 1197

Open 24 Hours

Blood Donation Schedule: Monday-Sunday, 8AM-4PM

www.dlshsi.edu.ph/dlsumc

