

Who can donate?

The safety of the donor and the recipient is vital.

You can donate if:

- You are between 18 and 65 years of age
- You are recognized as suitable for donation by the blood bank collection team
- Your weight is not less than 50 kg
- Your hemoglobin level is satisfactory

For all your blood donations do not forget your ID. Remember to drink water and eat something light before donating.

In certain situations donating blood must be delayed; this includes:

- 14 days after the end of antibiotic treatment
- 7 days after undergoing dental treatment (1 day for cavities)
- 1 year after major surgery

There is an increased need for blood products.

The need for transfusion support of blood components is increasing due to the aging population and innovations in the quality of healthcare.

Participating in blood donation is participating in the creation of a collective reserve of blood components that all those in need may have access to.

If you cannot or can no longer donate blood please encourage your friends and relatives to do so.

Blood Donation should be voluntary, free and anonymous



If you are over 18 and meet the eligibility criteria, then you too can save lives!



Lebanese Committee
of Blood Transfusion



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of Blood Transfusion



REPUBLIC OF LEBANON
MINISTRY OF PUBLIC HEALTH

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TO SAVE LIVES
BECOME A
BLOOD DONOR

Every 4 minutes someone in Lebanon needs blood.

It may be following an accident, during surgery or to support the treatment of an illness. By donating blood, you may help a woman who has bled during childbirth, you may support the recovery of a cancer patient receiving chemotherapy, you may help people suffering from blood diseases during their treatment...

400 donations per day are needed.

Blood donation is essential because there is no product that can replace human blood. The fact that they are irreplaceable and perishable makes it all the more precious.

What is blood?

Blood is made up of cells (red blood cells, platelets and white blood cells) in a protein-rich liquid (plasma). Whole blood is almost never transfused to a patient; only the blood component needed is given to the patient.

How is blood donated?

Blood is donated in four steps:

- 01 **Registration**
The blood bank staff will register you and provide you with educational material that describes the donation process.
- 02 **Medical History and a focused physical examination**
In a private and confidential interview, you will be asked about your medical history and the places you have traveled to. We will take your pulse, temperature and blood pressure and screen your hemoglobin level.
- 03 **The Blood Donation.**
Collecting one blood unit (450 ml) takes about ten minutes, but the entire donation process usually takes 45 minutes. A single-use, sterile bag and needle are used; therefore, there is no danger of contracting a disease while donating blood. In addition to the blood collected in the main bag, blood samples are collected for analysis.
- 04 **Refreshments.**
You will have a snack and drink plenty of fluids after you donate blood.

What happens with your donation?

A process is in place at all blood banks for the safe collection from the donor, through the testing and processing, to the safe administration to the recipient.

1 Blood Collection

Before donating blood the donor fills out a questionnaire to determine his/her eligibility on that day. To be accepted for blood donation, prospective blood donors must feel healthy and well on the day of donation and must meet all requirements and criteria defined by the donor centers.

2 Processing

Blood is processed in order to prepare the blood component that the patient needs. Prior to processing into blood components, the white blood cells (also known as leukocytes) are filtered out to reduce the risk of a transfusion reaction. Since January 2013, Blood Banks in Lebanon perform leukocyte reduction.

3 Tests

The blood samples collected during the donation are sent to the testing laboratory to determine the donor's blood type and screen for infections such as hepatitis B and C, syphilis and HIV. If a test returns positive the blood unit is destroyed and the donor is notified.

4 Distribution




The blood product is released to the patient after the donor-recipient compatibility tests are completed.

Red Blood Cells

	O-	O+	B-	B+	A-	A+	AB-	AB+
AB+	●	●	●	●	●	●	●	●
AB-	●		●		●		●	
A+	●	●			●	●		
A-	●				●			
B+	●	●	●	●				
B-	●		●					
O+	●	●						
O-	●							

Recipients

You may resume all activities after donating blood except for the strenuous ones. The amount of blood collected is small compared to the total blood volume of an average-sized person. After donation, your body has an amazing capacity to replace all the cells and fluids that have been lost. You can donate whole blood every 56 days.

Red Blood Cells  42 days In the fridge	Platelets  05 days 20°C - 24°C	Plasma and Cryoprecipitate  01 year In the freezer
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