

Thank you for your interest in giving blood. It is one of the best things you can do to help another person, because someone's life depends on the blood you give.

It is very important that the blood you give does not harm the patient, but rather improves the quality of life or saves their life. It is also very important that in the process of giving blood you yourself are not harmed.

To ensure that the blood donation is as safe as possible for both the donor and the recipient, the Blood Service staff asks all donors to complete a standard questionnaire.

It is very important that you answer all these questions TRUTHFULLY. Our trained staff will take you through the questionnaire in private, and the information is strictly confidential.

This leaflet will help you determine whether you qualify to give your blood or not.



Generally, you can give blood if you

- are between 17 and 60 years both male and female of a sound mind
- and you pass a brief medical assessment

You can give blood every 4 months, up to 3 times a year, except in some special cases when one may be allowed to give more frequently than the stipulated 4 months.

It is best to have a light meal and adequate amount of fluids before giving blood.

Permanent deferral

Some people are deferred from giving blood for the rest of their lives. This is to protect donor health and safety as well as ensure patient safety by collecting blood from donors whose donations when transfused may be safe for the recipient.

You can never, and should never give blood

1. If you have had liver disease or have had a positive blood test for hepatitis.
2. If you have complications of diabetes or you are on insulin
3. If you have kidney or heart failure
4. If you have epilepsy
5. If you have tested positive for HIV
6. If you use hard drugs, such as narcotics
7. If you have sickle cell disease e.g. SS, SC, S β thal
8. If you have homosexual relationships

Temporal Deferral

If you have recently had certain medical conditions, taken certain medications, had certain procedures done, or been exposed to certain practices, then for a limited period you cannot give blood. You will be informed when it is safe enough for you to give blood.

You will be temporarily deferred from giving blood:

1. If you are not feeling well, or you have a fever or raised body temperature
2. If your blood haemoglobin is below 12g/dl (for females) or 13g/dl (for males)
3. If you have a sore throat, a cough or chest pain
4. If you are taking antibiotics, or you took antibiotics within the past 1 week
5. If there is an active sore or boil on any part of your body
6. If you have had a tooth extraction in the last 3 days
7. If you had unprotected sex in the last 6 months with someone who is not your spouse or regular partner
8. If you have been vaccinated within the last 4 weeks for measles, mumps, rubella, polio (oral), or yellow fever.
9. If you have had acupuncture, ear or nose piercing or skin tattooing within the last 6 months
10. If you have nursed or shared personal items with somebody with jaundice (hepatitis) or AIDS within the last 6 months
11. If you have been hospitalized in the last 6 months
12. If you have been given blood or blood products within the last 12 months
13. If you have had chicken pox in the last 3 months
14. If you have had unexplained severe weight loss within the last 6 months

15. If you have had treatment for tuberculosis in the last 5 years
16. If you have had an injection in a place other than a hospital or clinic in the last 6 months
17. If you have had your skin cut by a traditional healer in the last 6 months
18. If you have had major surgery in the last 6 months
19. If you are pregnant, or have had a child in the last 6 months, or have been breastfeeding in the last 12 months
20. If after giving blood, you are immediately going to drive a bus, operate heavy machines, work from heights, or engage in vigorous exercise

Do you qualify to give blood?

If so, proceed to the next stage in the process to give blood.

Do you have any condition that temporarily defers you to give blood?

You can walk away quietly or ask for clarification from the nurse about when you can return to give.

Do you have any condition that permanently defers you to give blood?

You can walk away quietly.

Even if you are permanently deferred from giving blood, don't be disappointed. You can still help make blood available for those who need it:

- Encourage your friends, family and colleagues to give blood
- Volunteer to help at blood donation sessions
- Be an advocate for the Blood Service
- Sponsor activities of the Blood Service by donating in cash or kind

Where to give blood?

You can give blood at any of the blood donor facilities of the National Blood Service, Ghana located at the following places;

- **Accra:** at the Southern Area Blood Centre in Korle Bu, adjacent the GCB Bank, Korle Bu branch
- **Kumasi:** at the Central Area Blood Centre in the Transfusion Medicine Unit, Komfo Anokye Teaching Hospital
- **Tamale:** at the Northern Area Blood Centre in the Tamale Teaching Hospital.

You can also give blood at district, regional or teaching hospitals (Sub Area-Centres) across the country, or during blood donation exercises organized at your place of worship, school, workplace, or in your community.

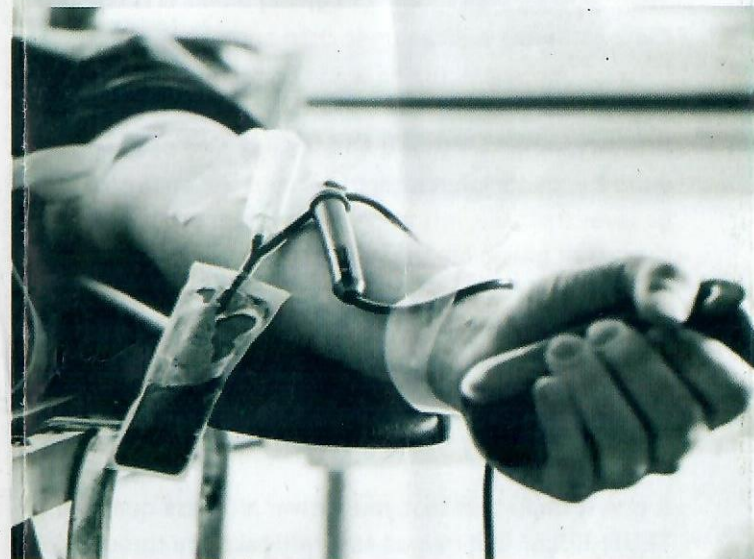
You can also contact the Blood Service for more information on where to give blood.

The National Blood Service Ghana

The National Blood Service, Ghana (NBSG) is an agency under the Ministry of Health of Ghana mandated to ensure an effective and coordinated national approach to the provision of safe, adequate and efficacious, blood and blood products, making it timely, accessible and affordable to all patients requiring blood transfusion therapy in both public and private health care institutions in the country.

More questions? Please get in touch with us. See our contact information below:

- 🌐 www.nbsghana.org
- ✉ P. O. Box KB 78, Korle Bu, Accra
- 📍 National Blood Service, Ghana
- 📧 @NBSGhana
- 📷 [giveblood.givelife](https://www.instagram.com/giveblood.givelife)
- ☎ 0277 50 10 10 (Southern, Accra)
- ☎ 0577 63 37 00 (Central, Kumasi)
- ☎ 0577 63 37 01 (Northern, Tamale)
- 📞 0302 663 701 | 0302 663 702 (Headquarters)



Can I Give Blood?



**National
Blood Service
Ghana**