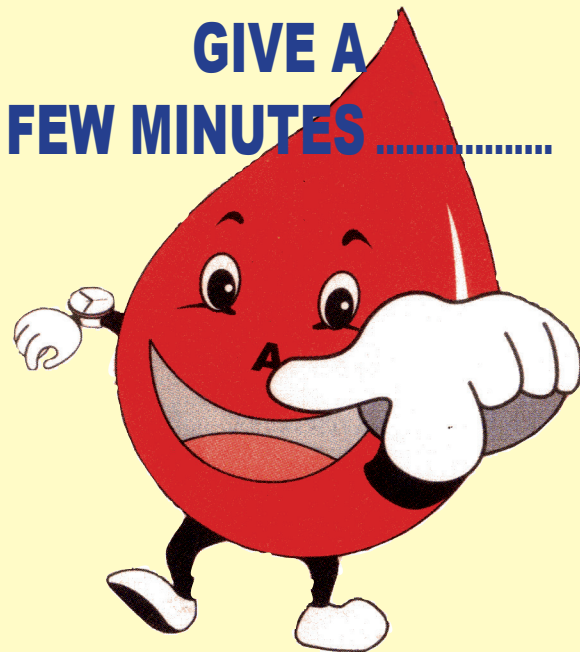


WOULD YOU GIVE A FEW MINUTES



TO SAVE FEW LIVES?

The need for safe blood and blood products is ever increasing in our country as more and more patients are being diagnosed with complex diseases like cancers, anemia, bleeding disorders, and complications of pregnancies etc requiring blood transfusion as part of their clinical management. Blood transfusions not only save lives, but also help people live longer and more productive lives.

Currently the annual requirement in Bhutan is estimated to be 10,000 units of blood. To sustain this demand, an adequate, reliable and stable base of regular, voluntary, blood donors is required. Presently only 60% of the blood units are collected from voluntary donors whereas rest 40% is from

family and replacement donors. Therefore it is important that all healthy individuals in our society take up this social responsibility and come forward and donate blood regularly.

WHO CAN BE A BLOOD DONOR?

Practically anyone. As long as you are in good health, aged 18 years and weigh atleast 45 kgs.

HOW OFTEN CAN YOU DONATE BLOOD?

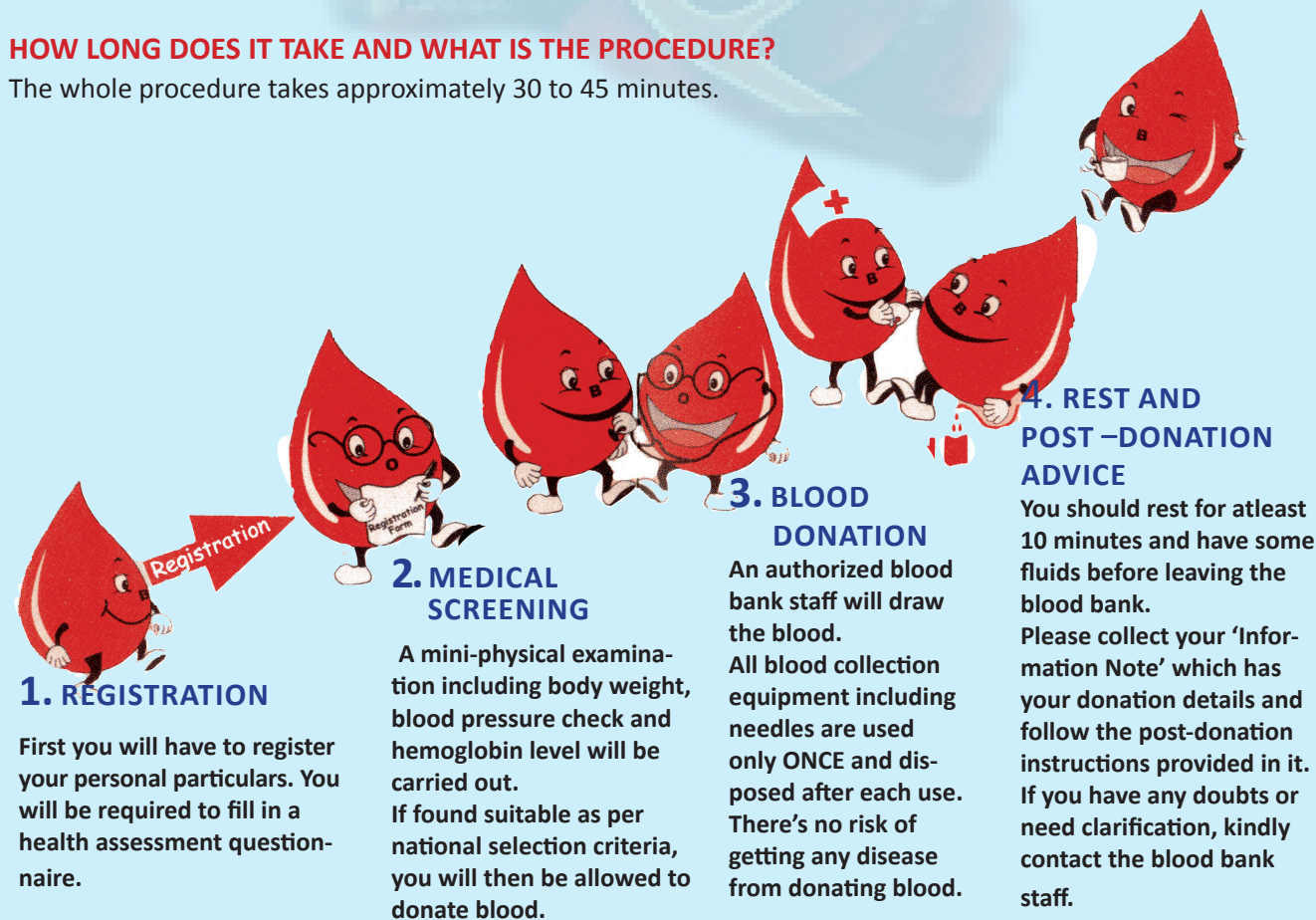
You can donate every 3 months.

WHAT BLOOD GROUPS ARE NEEDED?

Blood donors of all ABO blood groups i.e. A, B, AB and O are needed. Especially if you are of Rh(D) Negative type, please contact your nearest blood bank and register so that blood bank can contact you when in need of Rh(D) Negative blood.

HOW LONG DOES IT TAKE AND WHAT IS THE PROCEDURE?

The whole procedure takes approximately 30 to 45 minutes.



WHERE CAN YOU DONATE BLOOD?

One can donate blood at any blood bank attached to a hospital in the country or during the blood donation camps conducted by some major blood banks for example in **Thimphu, Mongar or Gelephu** districts.



WHEN CAN YOU DONATE BLOOD?

For routine blood donations

Monday – Friday:	9.00am to 3.00pm
Saturday:	9.00am to 1.00pm
Sunday and Govt holidays:	Closed

In case of specific urgent requirements and blood shortages, blood bank shall be accepting donors at other times and on holidays.

ANY ADVICE ON THE DAY OF DONATION?

You must be feeling well and it is recommended that you have some meals and drink plenty of fluids before you visit blood bank to donate blood. Your blood is replaceable.....a life is not.



Blood Safety Program
Department of Medical Services
Ministry of Health

