Give Blood Save Life

Blood Donation Info Pack

Hong Kong Red Cross Blood Transfusion Service
Blood Donation Information

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To protect both blood donors and recipients, the Blood Transfusion Service (BTS) must stringently screen donors (health history questionnaire, haemoglobin test and blood pressure checking etc.) and shall only accept blood donations from those who meet all the set eligibility criteria. The basic requirements are as follows:

- The age of first time blood donor is 16 to 60 years old. Donors aged 61 or above can continue to give until 70, if no less than one donation is made every 12 months; from 66 onward, an annual health assessment by the BTS medical staff is necessary.
- Donors aged 16 to 17 need to have parental consent at the first donation and can give blood two times in a year, with an interval of no less than 150 days between two consecutive donations.
- Adult (18 or above) males can give four times in a year, with an interval of no less than 75 days between two consecutive donations; whereas adult females can give three times in a year, with an interval of no less than 105 days between two consecutive donations.
- Body weight over 41kg (90lbs or above)
- Have good health
- Passed health screening by nurse
Blood Donation Preparation

- Adequate rest
- Food consumption within 4 hours
- Drink adequate water
- Do not wear clothing with tight sleeves
- Bring along Hong Kong Identity Card or valid travel document
- Donors aged 16 to 17 need to have parental consent at the first donation. Donation interval should be no less than 150 days between consecutive two donations

Adult (18 or above) blood donor

**Male**: Donation interval should be no less than 75 days between two consecutive donations

**Female**: Donation interval should be no less than 105 days between two consecutive donations
6 Easy Steps of Blood Donation

1. Fill in the Blood Donation Registration Form
To protect the health of both blood donors and recipients, it is vital that every person's suitability to donate is checked on each occasion. Each donor must fill in the Blood Donation Registration Form and read pre-donation information carefully. If you have any enquiry, please kindly contact our staff for details.

2. Collect Number Tag
(For Donor Centres Only)

3. Haemoglobin Test
The haemoglobin level is tested to make sure that donors do not have anemia and are not likely to become anemic after donation. The acceptable hemoglobin level for male is 13 -18 and that for female is 11.5 - 16.5.

4. Undergo Health Screening
Nursing staff performs health screening to review the eligibility of donors.

5. Donate Blood
Our target blood collection volume is 350ml or 450 ml. And the donation will last around 7 to 12 minutes. Before donation, our staff will perform blood pressure & pulse checking as well as skin disinfection. You should only feel a slight pain when our staff performs venipuncture for you. If the pain is unacceptable or you feel an electric shock sensation/numbness, please tell us immediately.

6. Rest
After blood donation, please kindly stay in your donation chair and press on the venipuncture site for 5 minutes till the bleeding has stopped. You are recommended to stay in our resting area for another 15 minutes and enjoy the drinks and snacks to replenish the fluid loss.
Post Donation Advice

Please pay attention to the following advice to protect your health and blood safety even if you become a regular donor in future:

● If your venipuncture site has any bleeding, apply pressure for 2-5 minutes until the bleeding stops. Keep the plaster on and remove it after bath at that night.
● If you feel dizzy, unwell or have cold sweats, please take a seat or lie down immediately. Loosen any restrictive garments and keep breathing. Remain calm, take slow and long deep breaths. Seek assistance from passers-by if necessary. Seek medical consultation or call the Emergency Hotline 999 if condition does not improve.
● Bruising may occur following blood donation if there is bleeding underneath the skin. It can happen occasionally after giving blood and should disappear on its own. Apply cold compress on venipuncture site if you experience pain or discomfort.
● If there is redness, swelling, pain or numbness around the venipuncture site, please contact us or consult your physician immediately.
● Drink plenty of fluid to replenish fluid loss over the next 12 hours.
● Avoid strenuous exercise over the next 12 hours.
● Over the next 12 hours, avoid lifting heavy objects to prevent bruising of venipuncture site.

If you develop signs or symptoms of infection (e.g. fever, common cold, etc.) within 4 weeks after blood donation, or if you develop hepatitis, tuberculosis or malaria within 6 months after blood donation, please call duty medical staff on 2710 1201/ 2710 1243/ 2710 1298 during office hours or 2710 1210/ 2710 1234 outside office hours.
Related Information on Blood Donation

Travel outside Hong Kong / Previous residents of other countries

- Variant Creutzfeldt-Jakob Disease (vCJD)
  - Malaria
  - West Nile Virus
Variant Creutzfeldt-Jakob Disease (vCJD)

To ensure safety of blood products, the Blood Transfusion Service (BTS) implemented the revised guidelines for blood donation with effect from 4 April 2005.

Blood donors (including Rhesus positive, Rhesus negative and rare blood type donors) will be permanently deferred for blood donation if:

- they have spent three months or more cumulatively in the United Kingdom (UK) from 1980 to 1996;
- they have spent 5 years or more cumulatively in France from 1980 to the present;
- they have spent 5 years or more cumulatively in Europe from 1980 to the present (including UK from 1980 to 1996 and France from 1980 to present);
- they have received a transfusion of blood or blood components in the UK or France from 1980 to the present;
- they have received bovine insulin injection since 1980 (unless it is confirmed that bovine insulin is not manufactured from cattle in UK since 1980);
- they are former or current US military personnel, civilian military personnel, and their dependents who have resided at US military bases in Europe from 1980 to 1996.
### Variant Creutzfeldt-Jakob Disease (vCJD)

**European Countries include**

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<thead>
<tr>
<th>Country</th>
<th>English Name</th>
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<td>Albania</td>
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<td>阿爾巴尼亞</td>
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<td>Austria</td>
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**United Kingdom**

**Sovereignties include**

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<td>England</td>
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<td>Scotland</td>
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<td>Wales</td>
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<td>The Isle of Man</td>
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<td>The Channel Islands</td>
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<td>直布羅陀</td>
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<td>The Falkland Islands</td>
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Malaria

According to the WHO statistics in 2010, there were about 2.19 billion cases of malaria in 2010 and an estimated 660,000 deaths, mostly of which were children under 5 years old. (Updated information can be accessed at: http://www.who.int/malaria/)

How to prevent transfusion transmitted Malaria?

As transfusion transmitted malaria still occasionally happens and there is no foolproof way to clearly distinguish infected and non-infected blood, the Blood Transfusion Service in general has to rely on the travel history of donors to decide whether they are suitable for blood donation. Persons who have visited a malaria-endemic area in the past 12 months or who have come from an malaria-endemic area and lived in Hong Kong for less than 3 years should be deferred for blood donation (please refer to the table below). Blood donation is possible again after the deferral period.

Eligibility to give blood:

<table>
<thead>
<tr>
<th>If you have</th>
<th>Deferral Period</th>
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<tbody>
<tr>
<td>Travelled to an endemic area but did not have fever during or immediately after the visit</td>
<td>12 months after return</td>
</tr>
<tr>
<td>Resided in an endemic area but did not have any fever recently</td>
<td>3 years after residing in Hong Kong</td>
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<tr>
<td>Visited an endemic area and have unexplained fever during or within 3</td>
<td>3 years after recovery or return, whichever is later</td>
</tr>
<tr>
<td>History of malaria</td>
<td>3 years after recovery</td>
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Note: The above deferral periods apply whether or not anti-malarial prophylaxis has been taken.
West Nile Virus (WNV)

West Nile Virus (WNV) is an infection transmitted through mosquito bite. It has been reported in the US since 1999. In 2012, there were 5600 human cases of WNV infections reported in the U.S. Blood transfusion is one of the transmission mode of WNV. To ensure blood safety, the Hospital Authority (BTS) Expert Panel on Blood and Blood Products Safety has made reference to the FDA’s latest guidelines and recommended the BTS to implement the following precautionary measures:

- Prospective donors who have been to North America within four weeks before the date of blood donation, irrespective of any clinical symptoms, will be temporarily deferred for 28 days.

- Prospective donors who have been to North America 4 weeks before the date of blood donation and have flu like symptoms such as fever, headache, eye pain, muscle/joint pain, vomiting, enlarged lymph nodes or skin rash, should inform our nursing staff.

- Blood donors should inform us (Tel:2710 1201) as soon as possible if the above symptoms were noticed after blood donation.
The Hong Kong Red Cross Blood Transfusion Service (BTS) is committed to provide adequate and safe blood to patients in need of transfusion therapy. To achieve this, BTS, like most other countries, has been collecting blood only from voluntary non-remunerated blood donors. All blood collected will be tested for

◇ Hepatitis B Antigen and Antibody
◇ Hepatitis C Antigen and Antibody
◇ HIV Antigen, Antibody and Virus
◇ Human T-lymphotropic Virus
◇ Syphilis Antibody etc.

To ensure both donor and recipient safety, all donors (including new or repeat) are required to undergo a health screening, which consists of completion of questionnaire, followed by a private interview by our nurses. The questions in the Blood Donation Registration Form will enable BTS to comprehensively appraise the current and past health conditions of blood donors for determining their eligibility to give blood.

Throughout the blood donation process, donor can withdrawal from the blood donation process if they believe that their blood is not suitable for transfusion.

In order to give you a better understanding, listed on subsequent pages are the explanations of the rationale for each question on Blood Donation Registration Form.
**Rationale for Questions on the Blood Donation Registration Form**

**General Health Screening :**

**A1) Are you feeling well enough to give blood today?**

This question intends to ensure the safety of a person in making a blood donation. If you are not feeling well enough, give blood may increase the chance of adverse reactions during or after donation. You are welcome to donate on another day when feel fit.

**A2) Are you currently under a doctor’s treatment, taking any medication (including herbal medicine) or awaiting test result?**

This question is again for the donor’s well being. If you are currently under medical treatment or medical follow up, and/or awaiting test results, there is a possibility that your current health status may not be suitable for blood donation.

For recipient safety, even a small amount of medication may affect the quality of the component(s) in the blood and/or have harmful effects on the recipients. Always clarify your medication with our nurse.
A3) Have you ever been diagnosed of the following illnesses?

- cardiovascular diseases (e.g. chest pain, hypertension)
- respiratory diseases (e.g. asthma)
- gastrointestinal or liver diseases (e.g. inflammatory bowel disease, hepatitis)
- blood diseases (e.g. bleeding problem)
- cancers
- endocrine or metabolic diseases (e.g. diabetes, thyroid problems)
- neurological diseases (e.g. loss of consciousness, epilepsy)
- mental disorders
- kidney or urogenital diseases (e.g. nephritis, kidney or bladder stones)
- autoimmune or rheumatological diseases (e.g. SLE, rheumatoid arthritis)

This is another question to assess the fitness of donors to give blood. In fact, donating blood could complicate some of the conditions listed above. Convulsion and epilepsy are good examples. However, by responding “yes” to any of the above questions does not always result in ineligibility. With reference to the set guidelines, the decision will be made depending on the nature, severity of symptoms or symptom-free interval. It is important to discuss in detail with our nurses.
A4) Have you ever been diagnosed of G6PD deficiency?

Persons of this condition should notify our nurse because the blood collected cannot be used as fresh whole blood for neonatal exchange transfusion.

A5) Have you ever taken the following drugs?

- aspirin or any drugs containing aspirin
- non-steroidal anti-inflammatory drugs
- drugs for hair loss
- drugs for benign prostatic hypertrophy
- drugs for acne

Aspirin and aspirin containing medications affect the function of platelets in the blood. For those who are taking prophylaxis dosage as primary prevention within the past 3 days, the platelet portion will be discarded from the donated blood. People who take aspirin on regular basis for treatment purpose should not give blood. Our nursing staff will provide individual assessment.

For recipient safety, even a small amount of medication may affect the quality of the component(s) in the blood and/or have harmful effects on the recipients. Always clarify your medication with our nurse.

A6) Have you ever had drug allergy?

This question is to assess the fitness of donors to give blood. With reference to the set guidelines, the decision will be made depending on the nature of allergy, severity of symptoms or symptom-free interval. It is important to discuss in detail with our nurses.
Rationale for Questions on the Blood Donation Registration Form

General Health Screening:

A7) If you are female,
- Are you pregnant?
- Have you given birth/ had an abortion in the last 12 months?
- Are you still breast-feeding?
- Have you ever received treatment for infertility?

Pregnant women are required to absorb more iron for healthy foetus. It is relatively common for women to develop iron deficiency during pregnancy and the situation may be exacerbated by giving blood. The same applies to female who had given birth or had an abortion recently. We advise female with such history to wait for 6 months before they make a blood donation again.

To ensure adequate maternal iron level, blood donation should be deferred during lactation period.

Hormones for treating infertility prepared prior to 1980s were probably of human origin and have a potential risk of transmitting CJD. Our nursing staff will provide individual assessment to donors who have received treatment for infertility.
Rationale for Questions on the Blood Donation Registration Form

**HIV/ AIDS, Hepatitis B and Hepatitis C Infection Risk**

**Assessment:** (Some of the questions below are related to donor’s sexual life. Sexual contact in the Registration Form refers to oral, vaginal or anal sex, with or without the use of condom.)

**B1) Have you been diagnosed of or suspected to have the followings?**

- HIV infection/ AIDS
- Hepatitis B infection
- Hepatitis C infection

Hepatitis B and C can be transmitted through blood transfusion and may result in chronic hepatitis and other complications. These 2 conditions require permanent deferral. People who have been tested positive for HIV or suspect oneself being HIV carriers will also be permanently deferred.

**B2) Have you ever had sex for money?**

The question “sex for money” aims at excluding those people whose job or lifestyle may put them at a higher risk of contracting HIV-AIDS or venereal disease.

**B3) Have you ever used or injected yourself with narcotics or non-prescribed medication?**

A history of injection drug use warrants permanent deferral because the practice will lead to a higher risk of HIV-AIDS and hepatitis C infection. Persons with a history of non injection drug use are advised not to give blood for 12 months.

**B4) Have you ever received clotting factor concentrates?**

Regarding clotting factor concentrates, two issues are of concern here. In the early 1980s, clotting factors for hemophiliacs were not heat-treated and there was a potential risk of HIV and hepatitis C infection. Secondly, people who required clotting factor concentrates are usually because of coagulation factor deficient, which makes them less ideal to be blood donors.
Rationale for Questions on the Blood Donation Registration Form

HIV/ AIDS, Hepatitis B and Hepatitis C Infection Risk

Assessment: (Some of the questions below are related to donor’s sexual life. Sexual contact in the Registration Form refers to oral, vaginal or anal sex, with or without the use of condom.)

B5) Are you aware of your sexual partner(s)

※ has been diagnosed of HIV infection/ AIDS?
※ has ever been a sex worker?
※ has ever used or injected narcotics or non-prescribed medication?
※ has ever received clotting factor concentrates?

People who have been tested positive for HIV or suspect oneself being HIV carriers will be permanently deferred. The same applies to those who have partner(s) whom may have been infected with HIV. Male or female sex worker, persons who abuse drug/ self inject drug, persons who have received clotting concentrates are all at a higher risk of HIV-AIDS and/or hepatitis C infection. Donors who have a history of having sex with them must observe a 12-month deferral period before donating blood.

B6) If you are male, have you ever had oral or anal sex with a man?
If you are female, have you ever had sexual contact with a bisexual man (one who has had oral or anal sex with another man)?

According to the statistics, donors with the above sexual experience may be at higher risk of having an undiagnosed infection which could be passed to anyone receiving their blood. Nurses will offer recommendations individually for the concerned donors.
C1) Between 1 January 1980 and 31 December 1996,
  • have you spent a total of three or more months in the UK?
  • have you worked or lived for a total of six or more months at US Military bases in Europe?

C2) Between 1 January 1980 and the present,
  • have you spent a total of five or more years in Europe?
  • have you received blood transfusion in the UK or France?
  • have you received bovine insulin injection?

The above questions focused on investigating the risk of being exposed to vCJD or human equivalent of Mad Cow Disease due to their residence in those places during the said period. There is now evidence from a small number of case reports involving patients and laboratory animal studies that vCJD can be transmitted through transfusion. There is no test for vCJD in humans that could be used to screen blood donors and to protect the blood supply. This means that blood programmes must take special precautions to keep vCJD out of the blood supply by avoiding collections from those who have been where this disease is found. Details can refer to the information material of Variant Credutzfeldt-Jakob Disease.

C3) Have you ever received
  • pituitary derived human growth hormone or human gonadotrophin?
  • organ or tissue transplant?

C4) Have any of your blood relatives been diagnosed of Creutzfeldt-Jakob Disease (CJD)?

Since the growth hormone prepared before 1980s were probably from human origin and have a potential risk of transmitting CJD through blood transfusion. Persons with a history of receiving human growth hormone or donor’s relatives having been diagnosed with CJD warrant permanent deferral. Besides, donor who have undergone organ transplant explicit a higher risk of contracting infectious disease. In addition, medication is often required for a long period to prevent graft rejection. Donors who undergone these procedures should also be permanently deferred.
D1) In the past 1 week, have you had any dental procedure (including scaling, dental extraction, etc.), open wounds or skin lesions?

Even healthy people have colonization of bacteria in the mouth and on the skin. However, dental procedure, open wounds or skin lesions may cause bacteria breaching the mucous membrane or skin barrier and entering the blood. Individuals having such conditions will be asked to come back later if they are still interested in giving blood.

D2) In the past 2 weeks, have you had symptoms of flu, fever, headache, eye pain, muscle or joint pain, vomiting, enlarged lymph nodes or skin rash?

This is a general question to screen for any signs of infection. Besides, nurses will base on donor’s symptoms and related information to assess for any risk of contracting Dengue fever, SARS or West Nile Virus infection and offer recommendations.
Rationale for Questions on the Blood Donation Registration Form

Other Recent Infection or Vaccination Risk Assessment:

D3) In the past 4 weeks,

- have you had contact with someone with an infectious disease e.g. chickenpox, rubella, tuberculosis (TB)?
- have you had any vaccinations e.g. Hepatitis A, Hepatitis B or tetanus?

Infectious diseases have incubation period of variable length. History of contact with an index case warrants a deferral of 3 to 4 weeks to ensure the safety of blood recipients. If you are not sure of the possible exposure, please discuss it with our nurse.

Different vaccines affect blood donation differently, depending on whether it is prepared from killed or live attenuated virus or bacteria or by recombinant technologies.

Individuals who have received toxoid, killed vaccines, or recombinant vaccines can be accepted for blood donation 24 hours after vaccination if symptom free. These include cholera, typhoid, diphtheria, tetanus, hepatitis A, influenza, poliomyelitis (injection) and pertussis.

For those receiving hepatitis B vaccine should be deferred 7 days.

Individuals who have received live-attenuated vaccines will be deferred for 3 to 4 weeks. It is because such vaccines involve introducing a small dose of antigens to stimulate a person’s immune system against the antigens, therefore the recipients will have a theoretical risk if they received blood donated by donors vaccinated within that period. These include BCG, yellow fever, measles, mumps, poliomyelitis (oral), and live attenuated typhoid fever (deferred for 3 weeks); rubella and chicken pox (deferred for 4 weeks).
Rationale for Questions on the Blood Donation Registration Form

Other Recent Infection or Vaccination Risk Assessment:

D3) In the past 4 weeks, have you had diarrhea?

People who have history of diarrhea may have the causative pathogen in their circulation. Sometimes even all the symptoms have subsided, the responsible pathogen may take a longer time to be cleared from the body. Therefore, our nurse will base on history and symptoms of diarrhea to decide on the deferral period.

D4) In the past 12 months, have you travelled outside Hong Kong?

Some areas outside Hong Kong are endemic for malaria. Since malaria can be transmitted through blood transfusion, recent travel to a malaria endemic area in the past 12 months will result in deferral of 1 year from the date returning to Hong Kong. Please kindly refer to “Information on Travel outside Hong Kong / Previous residents of other countries (Variant Creutzfeldt-Jakob Disease(vCJD) / Malaria/ West Nile Virus)” for details.
Rationale for Questions on the Blood Donation Registration Form

Other Recent Infection or Vaccination Risk Assessment:

D4) In the past 12 months,

- have you had tattoo, acupuncture, ear or body piercing, or accidental needle stick injury?

These activities/accidents carry a risk of hepatitis (Hepatitis B or C) and HIV–AIDS infections. A deferral of 12 months is recommended to ensure that a person who has been exposed to these infections would have time to develop antibodies that can be detected by blood test.

- have you been given Hepatitis B Immune Globulin?

Hepatitis B immune globulin is intended for passive immunization after exposure of hepatitis B. Its use implies a previous exposure and therefore a deferral of 12 months is needed if an individual has received it.

- have you been bitten by any animal?

If donor have been bitten by any animal, no matter any Rabies vaccine has been given, it warrants a deferral of 12 months. This is a safety consideration against actual exposure to rabies infection.
Other Recent Infection or Vaccination Risk Assessment:

D4) In the past 12 months,

- have you undergone surgical operation (including endoscopic examination, treatment involving the use of catheters)?
- have you received blood transfusion?

Question on recent surgery is meant for ensuring the well-being of blood donors. In fact, individuals who have fully recovered from operations can be accepted. As a general rule:

- Elective minor operations, donation accepted after full recovery for 3-month deferral period
- Elective major operations, donation accepted after 6-month deferral period
- Major emergency operations, donation accepted after 12-month deferral period

Concerning the question on blood transfusion, although the risk of infection from blood transfusion is extremely low, for extra safety precaution for blood recipients, a 12-month deferral is required if there is such history.
D5) Have you been diagnosed of the following infectious diseases?

- malaria
- venereal disease
- tuberculosis (TB)
- glandular fever

This question intends to solicit information on the donor’s history of infectious disease with reference to some specific ones.

As an extended question of travel history, people who have malaria would be deferred for 3 years from the date of cure and reinstated for blood donation if they remain asymptomatic during the period.

Rationale for asking about venereal disease is two folds. Venereal disease may be transmissible through blood transfusion. People who had such history are in general at a higher risk of HIV-AIDS. Positive history of venereal disease would incur permanent deferral.

Tuberculosis (TB) is prevalent in our locality. Our current policies are: Persons with history of TB can be accepted for blood donation after clear of disease and off medication for 2 years. Persons under investigations for suspected or relapsed TB are deferred.

Close family contacts of active TB are deferred until the attending physician or Department of Health has given clearance.

Persons with glandular fever are also advised not to give blood until 6 months after full recovery.
D5) Have you been diagnosed of the following infectious diseases?

- SARS
- Dengue Fever
- West Nile Virus infection
- Chikungunya

In view of the previous outbreak of SARS infection in Hong Kong, persons who have contracted SARS may remain asymptomatic in the early phase of infection after exposure while their blood may harbour the virus. Therefore, those who have a close contact with patients of confirmed or suspected SARS will need to be deferred for 3 weeks from the last date of contact.

In accordance with WHO’s recommendations, people who have a history of confirmed or suspected SARS will be deferred until 3 months after a complete recovery from SARS.

Dengue fever, West Nile Virus infection and Chikungunya are transmitted by mosquito bite and transmission via blood transfusion have been documented in these infections. People who have been suffered from these infections should deferred from blood donation temporarily.
Rationale for Questions on the Blood Donation Registration Form

Other Risk Factors Assessment

E1) Have you ever donated blood under another name?
   This question is intended to help BTS to retrieve/ integrate the related important information/ records, including the blood group and past infectious markers screening results from one person.

E2) Have you ever been informed not to donate blood permanently by us or other blood service?
   It is very important for you to disclose such information. There must be a clear reason for a person to be permanently deferred or advised not to donate blood. This is to ensure that one’s health condition is really suitable for giving blood.

E3) Have you resided outside Hong Kong consecutively for 6 months or longer during the past three years?
   This question is intended to identify donors who have resided in malarial risk area that should be deferred for 3 years from the day returning to Hong Kong.
Rationale for Questions on the Blood Donation Registration Form

Other Risk Factors Assessment

E4) Will you be undertaking any hazardous sport today? e.g. rock climbing, diving or flying

This also intends to protect donors. You are advised not to take vigorous sports on the same day after donation. Undertaking hazardous sports immediately after donation could compound the potential risks of post donation adverse reactions.

E5) Will you be driving a heavy vehicle or working at hazardous depths or heights today? e.g. fireman, train or lorry driver, or scaffolding worker

This is of similar rationale as in E4. Whenever possible, it is preferable for people of such occupation(s) to donate blood at the end of his/ her working day or shift.
Iron Supplement Program

Function of Iron

Iron is an essential component of haemoglobin. Iron deficiency could lead to a gradual drop of Hb level and finally result in anaemia. Haemoglobin carries oxygen from the lungs to body cells. If anaemia occurs, the body does not get enough oxygen-rich blood. As a result, the anaemic patient may look pale and develop fatigue, weakness, dizziness, shortness of breath, palpation etc.

Iron and Blood Donation

With each whole blood donation, a small portion of your iron reserve is lost. The iron level of blood donor may drop or even become inadequate after several donations if iron-rich food is not continuously taken. This condition is especially common for those on ill-balanced or vegetarian diet, or for those with regular loss of blood. The goal of our iron supplement programme is to replenish the iron level of our regular donors. Our nurses will provide a course of iron supplement to those suitable blood donors based on their condition.

Iron Supplement

The iron supplement will turn your stool to a darker colour. Stomach upset and constipation are the most common side effects. Here are some tips for you to take the iron supplement more comfortably and effectively:

- Take the supplement after food to reduce gastro-intestinal side effects.
- If constipation occurs, please consider increasing intake of fiber and water in your diet.
- Vitamin C increases the absorption of iron if taken simultaneously.
- Tea, milk, coffee, antacids and calcium supplements can decrease iron absorption and should not be taken at the same time with the iron supplement.

If you have any enquiry, you are welcome to contact us for more information.
Every year, more than a thousand adults and children in Hong Kong are diagnosed with leukaemia and other serious blood diseases. Some of these diseases can be life-threatening, but are not always incurable. For many patients, bone marrow transplantation may be the only hope for a cure. However, a matched donor has to be identified before a transplantation can be performed. Some patients are fortunate enough to have a suitable donor within their families, yet others will need to find unrelated persons to help.

**Who is a matched donor?**

The most important factor is to match both donor’s and recipient’s tissue types (also known as "HLA antigens"). Red blood cells are grouped into types A, B, AB and O, etc. As for white blood cells, they also have tissue types mainly classified into 3 groups, namely A, B and DR groups. Each group has a large number of antigens and hence there are thousands of different tissue types for white blood cells. Prospective donors will need to have blood tested to determine his/her tissue types. If the tissue types of a donor completely match with the patient, he/she will be a matched donor.

**Registration Procedure**

Public who has interest to be a marrow donor could simply register at any one of the 8 blood donor centers, complete the marrow donor registration form and undertake a brief health enquiry. And finally we will ask you to donate a blood sample (~5ml) for the HLA typing test. Once registered, your information will be stored in the HKBMDR database. If we found that you are matched with a patient, we will contact you for further testing.

Please find the following information regarding the two different Haematopoietic Stem Cell (HSC) Donation.

**Bone Marrow Donation**

**Peripheral Blood Stem Cell Donation**
Bone Marrow Donation

2 – 3 weeks prior to donation: Donor will be invited for Physical examination such as chest X-ray, ECG.....etc. Then we will review the workup reports and confirm details of donation.

Admit to collection center one day prior to donation for pre-operative preparation.

Donation day: Donor will be put under general anesthesia. Two needles will be inserted into donor’s pelvis (not spinal cord) to extract bone marrow. The donor may experience some pain at the puncture site, fatigue or stiffness, usually without complication. In general, the pain will gradually subside and many donors do not require any pain killers. Since HSC have the regeneration potential, the donated cell will be replenished by the body within a short period of time.

Post operation: Donor will be under observation in the recovery room until stable. A visitation will be arranged by HKBMDR staff. Donor will be discharged after staying one night for observation.

Generally, donor will recover and return to normal in two weeks. Intense exercise or physical activities are not encouraged during this period.

Keep the hope alive! Thank you for making life-saving transplants a reality for patients! You could be the cure!
Peripheral Blood Stem Cell Donation

2 – 3 weeks prior to donation: Donor will be invited for Physical examination such as chest X-ray, ECG.....etc. Then we will review the workup report and confirm details of donation.

In order to be able to donate enough Peripheral Blood Stem Cell Donation (PBSC) for a transplant, more of the stem cells need to be mobilized from the marrow into the blood stream. Donor is requested to receive Granulocyte Colony Stimulating Factor (G-CSF) subcutaneous injection every day for three days before the donation.

Donating PBSC is through a standard process called apheresis. During donation, a needle will be placed into each of your arms. Blood will be taken from vein in one arm and directed into a blood cell separator machine. The blood is spun at high speed and the blood cells will separate into layers. PBSC will be collected, while the plasma, red blood cells and other blood cells are returned to you through the other arm. Generally, most of the PBSC donations are completed in one apheresis session which may take up to four hours and the volume is less than 250 ml. Hospitalization and General Anesthesia are not required. Donor can be discharged on the same day.

Generally, donor will recover and return to normal in one to two days.

Keep the hope alive! Thank you for making life-saving transplants a reality for patients! You could be the cure!
Apheresis Donation

Apheresis is a kind of blood donation in which the blood of a donor is passed through an advanced machine that separates plasma and platelets through centrifugation and returns the remainder such as red blood cells to the circulation.

Who can join?

- Regular blood donors without adverse post-donation reactions
- Aged 18-60 years
- Weight over 60 kg
- Willing to donated blood at least once a month regularly

How do I join?

- Please approach a nurse at our donor centres. The veins of your arms will be assessed and blood sample will be taken for laboratory testing if your veins are fine. Once the blood results are reviewed by our doctor, we will contact you for follow-up.
Blood Donor Recognition Schemes

Donors will receive a first time donor badge at their first blood donation badge.

Donors participate in donation on their birthday will receive a birthday blood donor badge as a gift.

From 1 April of every year to 31 March of the next year, donors will receive a Regular Blood Donor Badge as follows:
- 16 yrs - 17 yrs youth donors: donating twice
- Over 18 yrs - female donors: donating twice or more
- Over 18 yrs - male donors: donating three times or more

**Recognition Scheme for Specific Donation Targets**

Donors who have reached specific donation targets.

- Certificate
  - 5/10/20 times
- Pin
  - 25/50/75/100 times
- Wooden Plaque
  - 125/150/175 times
- Crystal Plaque
  - 200 times or above

Blood group pin can be collected at any donor centre after receiving the donor card.

Blood group pin can be collected at any donor centre after receiving the donor card.

The gift will be subject to changed according to the supply. Please contact our staff for details.
Student Regular Blood Donation Programme

To encourage students to participate blood donation, we develop different student programme every year.
Latest Promotion Activity
Facebook - Provide a latest information
https://www.facebook.com/BloodForLifeHKRCBTS

Website - Provides service information
http://www5.ha.org.hk/rcbts/

eDonor
Donors can check their next donation date and their blood donation record of previous 5 years.
https://www.blooddonor.org.hk

Phone Directory of Donor Centres

Headquarters Donor Centre: 27101333
Mongkok Donor Centre: 27705930
Kwun Tong Donor Centre: 31481375
Causeway Bay Donor Centre: 28342084
Central District Donor Centre: 25261420
Shatin Donor Centre: 26030100
Tsuen Wan Donor Centre: 24142378
Yuen Long Donor Centre: 24786000
How to create a eDonor User Account

1. Go to: http://www.blooddonor.org.hk

2. Please select “Create Account”

3. Please input your information

4. You will receive a confirmation email generated by the system

5. Please click the hyperlink to proceed

6. Please create an account by completing the account information

7. You will receive a confirmation message after the account creation is complete
Publicity and Promotion

◇ Electronic Blood Donation Thank You Card
◇ Regular Blood Donation Reminder
◇ Seasonal Promotion
◇ New service. For Example: Electronic Donor Record Enquiry System
◇ Education Seminar and Laboratory Tour
◇ Update information for Blood donation health screening
◇ Comment and Evaluation

The personal data provided by you may be used by Hong Kong Red Cross Blood Transfusion Service (BTS) for the purpose of:

● provision of blood donation related information;
● direct marketing of blood donation activities, and or promotional programmes and/or events provided by us.

BTS intends to use your name and contact details (including telephone number, fax number, email and/or correspondence address) for direct marketing of blood donation related activities.

Unless we have obtained your consent, HKRCBTS cannot use your personal data for direct marketing. Please kindly send email to us www.ha.org.hk/rcbts
User Guideline on Using Donor Centre’s Wireless Broadband

- To use this Centre’s free wireless broadband service, please select SSID “donor#WiFi”, WLAN Security set to “public network”.
- Be considerate, please don’t be on-line for too long time as the number of concurrent users is limited.
- Don’t visit any pornographic or disgusting websites.
- For security reason, please don’t input any sensitive account information or proceed any kinds of online transactions over the public wireless network provide by our centre.
- In case the network connection is terminated unexpectedly during use, please try to re-connect; please contact our staff if needed.
- Our centre reserves the rights to terminate the wireless broadband service at any time without prior notice.