



FACULTY TRANSFUSION DEPARTMENT OF  
THE GENERAL UNIVERSITY HOSPITAL IN PRAGUE

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# EDIFICATION FOR BLOOD DONORS

ACCORDING TO RECOMMENDATION  
OF THE TRANSFUSION MEDICAL SOCIETY,  
PART OF THE CZECH MEDICAL ASSOCIATION  
J.E. PURKYNĚ





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THE GENERAL UNIVERSITY HOSPITAL IN PRAGUE

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**PLEASE, READ THOROUGHLY THE INFORMATION BELOW**

REMEMBER, YOU HAVE RIGHT TO ASK QUESTIONS CONCERNING BLOOD DONATION AND AT ANY TIME YOU CAN ALSO WITHDRAW THE DONATION

ASK THE PHYSICIAN OF THE TRANSFUSION DEPARTMENT IF YOU ARE NOT SURE OR YOU CAN ALSO MAKE SELF-EXCLUSION

**ALL MATERIAL USED FOR BLOOD DONATION IS DISPOSABLE  
THERE IS NO RISK OF BLOOD-BORNE INFECTION DURING DONATION!**

THANK YOU FOR YOUR BLOOD DONATION, WE APPRECIATE YOUR HELP SO MUCH

*TEAM OF THE FACULTY TRANSFUSION DEPARTMENT OF THE GENERAL UNIVERSITY HOSPITAL  
IN PRAGUE WITH RESPECT*

## 1. HEALTH RISKS FOR RECIPIENT OF BLOOD TRANSFUSION

Clinical treatment including blood and blood components transfusion brings a risk of infection transmission for the recipient. There are plenty of infections possibly transmitted by blood transfusion, but among the most dangerous belong hepatitis B, hepatitis C and AIDS.



### 1.1. SELECTION OF DONORS

Risks of blood-transmitted diseases are increased by:

Risk	Exclusion period 4 months
Risk sexual behaviour – exclusion for any person who:	provided protected or unprotected sexual intercourse for money, drugs or other consideration
	had protected or unprotected sexual intercourse with a person who has tested positive for HIV at any time in the past
	had protected or unprotected sexual intercourse with a person who has provided protected or unprotected sexual intercourse for money, drugs or other consideration
	had protected or unprotected sexual intercourse with a person who takes drugs administered by injection or takes other injectable medicinal products not prescribed by a medicine doctor
	had protected or unprotected anal sexual intercourse with new sexual partner in the last 4 months
took any oral medicine product to prevent transmission of HIV infection, i.e. to antiviral pre - exposure prophylaxis (PrEP) or post - exposure prophylaxis (PEP).	
close contact with a sick person with infectious hepatitis (common household, sexual intercourse)	

Risk	Exclusion period 4 months
tattoo, ear piercing, body piercing, acupuncture etc.	
mucosal splash with blood or injury caused by infectious material	
endoscopic examination (e.g. joints – arthroscopy, stomach – gastroscopy, intestines – colonoscopy, urinary tract – cystoscopy, respiratory tract – bronchoscopy)	
operation	
transfusion in the Czech Republic, abroad after 1996	
transplantation using tissue or cells of human origin	
stay in prison	
Risk	Exclusion period 12 months
drug addiction and alcoholism – after recovery	
underwent treatment for a venereal disease	
Risk	Exclusion period 2 years
a person who took any injectable medicine product to prevent transmission of HIV infection, i.e. to antiviral pre - exposure prophylaxis (PrEP) or post - exposure prophylaxis (PEP).	
Risk	Permanent exclusion
in the case of a family risk of Creutzfeld-Jakob disease and its variants (vCJD=BSE, TSE)	
stay in Great Britain (more than 12 months) between 1980-1996	
treatment with preparations of human origin, e.g. growth and development disorders (human growth hormone)	
transplantation using a graft of animal origin, transplantation using tissue or cells of human origin in the case of dura mater, ear drum or corneal graft	
use of injectable drugs, steroids or hormones not prescribed by a medicine doctor (even in the past)	

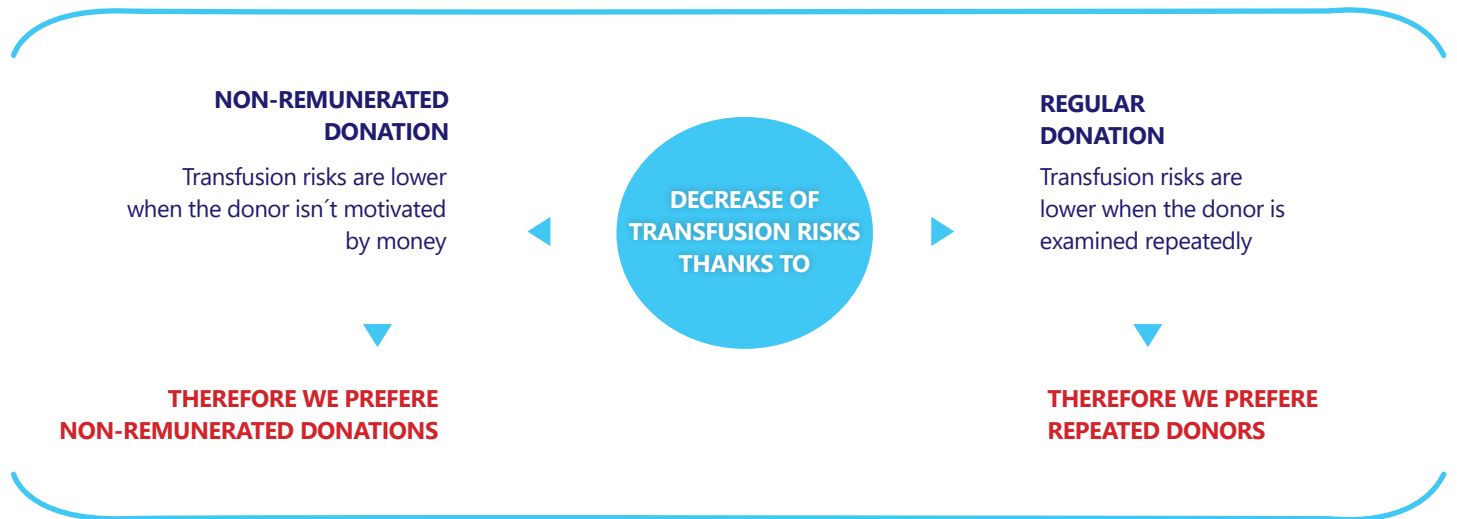
For more questions ask, please, doctor of transfusion department or see website ([www.vfn.cz](http://www.vfn.cz))

### 1.2. SELFEXCLUSION

If you realise your blood could possibly endanger the recipient, please, withdraw your decision to donate. In case, that it's already after the donation, we kindly ask you to inform transfusion station employees personally, by phone call or email. You will not be asked any questions!

### 1.3. FURTHER RISKS

The transfusion recipient's health can be endangered also by some medication taken by the blood donor. Therefore, please consult all your medication with transfusion service doctor.  
Risk of infectious transmission by blood can be increased by donor's stay in some countries, particularly in tropics, countries with malaria incidence, Chagas disease incidence, Q-fever disease incidence and others.



#### **1.4. BLOOD TESTING**

Each blood (or its components) is tested for following infection markers:

**HEPATITIS B**    **HIV**  
**HEPATITIS C**    **SYPHILIS**

Even though we can't fully guarantee absolute safety of the blood transfusion for recipient. The reason could be e.g. early infection, when donor's immune system hasn't started to produce the antibodies yet. Therefore, test results could be negative, although the blood is already infected.

For all these reasons, donor's honesty and cooperation with transfusion center is vital!

In case of any abnormal lab. results, you will be immediately informed.

Donor's infection of HIV, hepatitis B, hepatitis C or other severe diseases are the reasons for donor's rejection.

All the donor's personal datas, are preserved according to the legislation. We provide those, which are required, to the National register of blood donors.

#### **1.5. CHANGE IN HEALTH STATUS**

If in the period shortly after donation of blood you developed any kind of infectious disease, we kindly ask you to inform transfusion centre employees – personally. by phone-call or e-mail.

## **2. HEALTH RISKS FOR BLOOD DONORS**

### **2.1. COMPLICATIONS OF THE DONATION**

The most frequent complications that could occur during/after donation:

- bruise - donor can prevent this complication by compression at the venepunction spot after donation.
- weakness, swoon - to avoid this complication, we highly recommend to be well hydrated (at least 1 liter of water/juice before coming to the transfusion center) and having snack. Please exclude fatty and greasy meals 12 hours before donation, but don't come to donate fasting! Hypoglycaemia (low amount of sugar in blood) can also cause weakness.
- any other unusual sensations (palpitation, tinnitus, sweat,...) or complications should be immediately notified to nurses or doctor!

## **3. DONOR'S RIGHTS**

### **Donor's rights include following:**

- right to withdraw his decision to donate blood anytime !!!
- right to ask any questions related to the procedure and aspects of blood donation or possible complications
- right to ask for explanation of any method (laboratory or clinical) used during the donation
- right to be informed about his health state and abnormal test results
- right to privacy during clinical interview with physician
- right to personal data security

**Transfusion center has the final responsibility for the quality and safety of blood and blood products. Therefore it has also the right to decide about accepting or rejection of the blood donor.**

**The right of the transfusion recipients to protect their health outweighs any other matters, including the desire of individuals to donate blood.**

**Blood donation isn't ranked among „human rights“.**