



SINGAPORE SWIMMING CLUB BLOOD DONATION DRIVE

Date:	Saturday, 27 November
Time:	12nn – 6pm
Venue:	Fort & Mountbatten Rooms

Donate **blood** 
to save lives

Details of Donor/s:

S/N	Name	A/C	Contact Number
1			
2			
3			
4			
5			

Can I be a blood donor?



Yes, you can be a blood donor if you....

- are between the ages of 16 to 60 year old, (parental/guardian consent is needed for 16 & 17 year old donors)
- weigh at least 45 kilograms
- are not suffering from any illness (eg. cold, sore throat) or on medication

However, potential blood donors may be temporarily deferred due to the following:

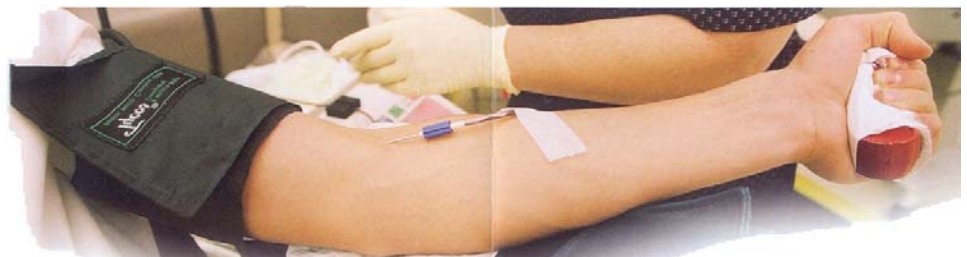
- Tattoo, ear/body piercing or acupuncture
- Pregnancy / breast feeding
- Major surgery
- Chicken-pox, dengue fever
- Ingestion of medication such as antibiotics, traditional herbal medicine, etc.

How long will the blood donation take and what is the procedure?

On an average, the donation takes only about 10 minutes and the entire process lasts less than 60 minutes, from registration time to resting time. The minutes you spend giving blood may mean life or death to those in need. It will be time well spent!

1 Registration

Register with NRIC. Foreigners must register with their passport and a local address must be provided. A health assessment questionnaire will have to be completed and personal particulars recorded.



2 Medical Interview

A doctor or nurse will go through the questionnaire with you in detail. You will need to sign a declaration to confirm that the information given is true. Your weight, blood pressure, pulse and temperature will be checked.



5 Rest & Refreshment

Light refreshments will be served after the donation. You should rest for at least 10 minutes before leaving.



3 Blood Test

Your blood haemoglobin level is checked to make sure that you can give blood.



What happens to the blood I have donated?



Every unit of blood donated goes through a series of stringent tests by qualified laboratory technologists for infectious diseases such as HIV/AIDS, Hepatitis and Syphilis.

Within 6 hours after a unit of blood is donated, it will be processed into different blood products to treat a variety of medical conditions.

Red Cells are used to treat patients with anaemia and patients undergoing major surgeries.

Platelets are used to stop bleeding in patients who suffer from cancer, leukaemia or bleeding disorder.

Cryoprecipitate, a clotting protein, is used to treat patients with bleeding disorders.

Plasma, the liquid portion of blood, is used to treat patients with low clotting factors such as those with severe infections.

4 The Donation

A specially trained nurse will draw the blood. A localised pain-killer will be applied to your arm before the donation. About 300ml or 450ml (depending on your weight) of blood will be drawn. All needles used are clean, sterile and disposed after each use.



For more information, call Stella(Social Dept) at 6342 3672 or email StellaS@sswimclub.org.sg