

# The Benefits of Blood Donation



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Donor Recruitment and Publicity Officer  
Scottish National Blood Transfusion Service

**GIVE BLOOD**

Are you  
the type to  
save a life?

# What will be covered:

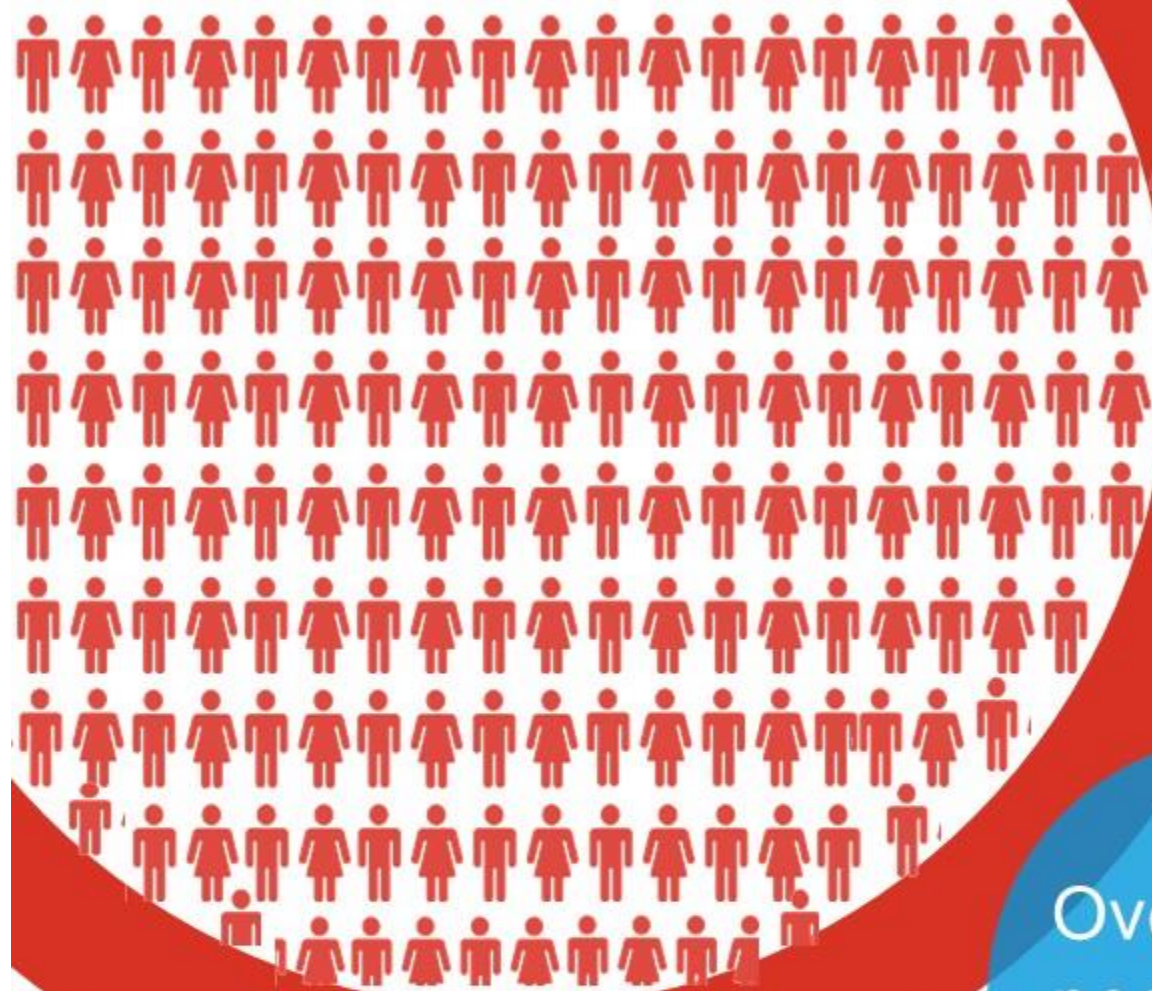
- History
- The need for blood in Scotland
- Eligibility
- Examples
- Donation types
- What happens when you give blood
- What you can do to help
- Questions



# History

- Jack Copland established Scotland's first blood transfusion service in 1930
- Jack's teenage son John would answer calls from donors during the night. He would drive out to pick them up and take them to hospital
- Scotland's first mobile laboratory was introduced in the 1970's. Enabling staff to prepare platelets and fresh frozen plasma within an hour of being donated
- Today the Scottish National Blood Transfusion Service (SNBTS) is the specialist provider of safe high quality blood, tissues and cells products and services in Scotland





Hospitals all  
over Scotland  
rely on blood  
being available

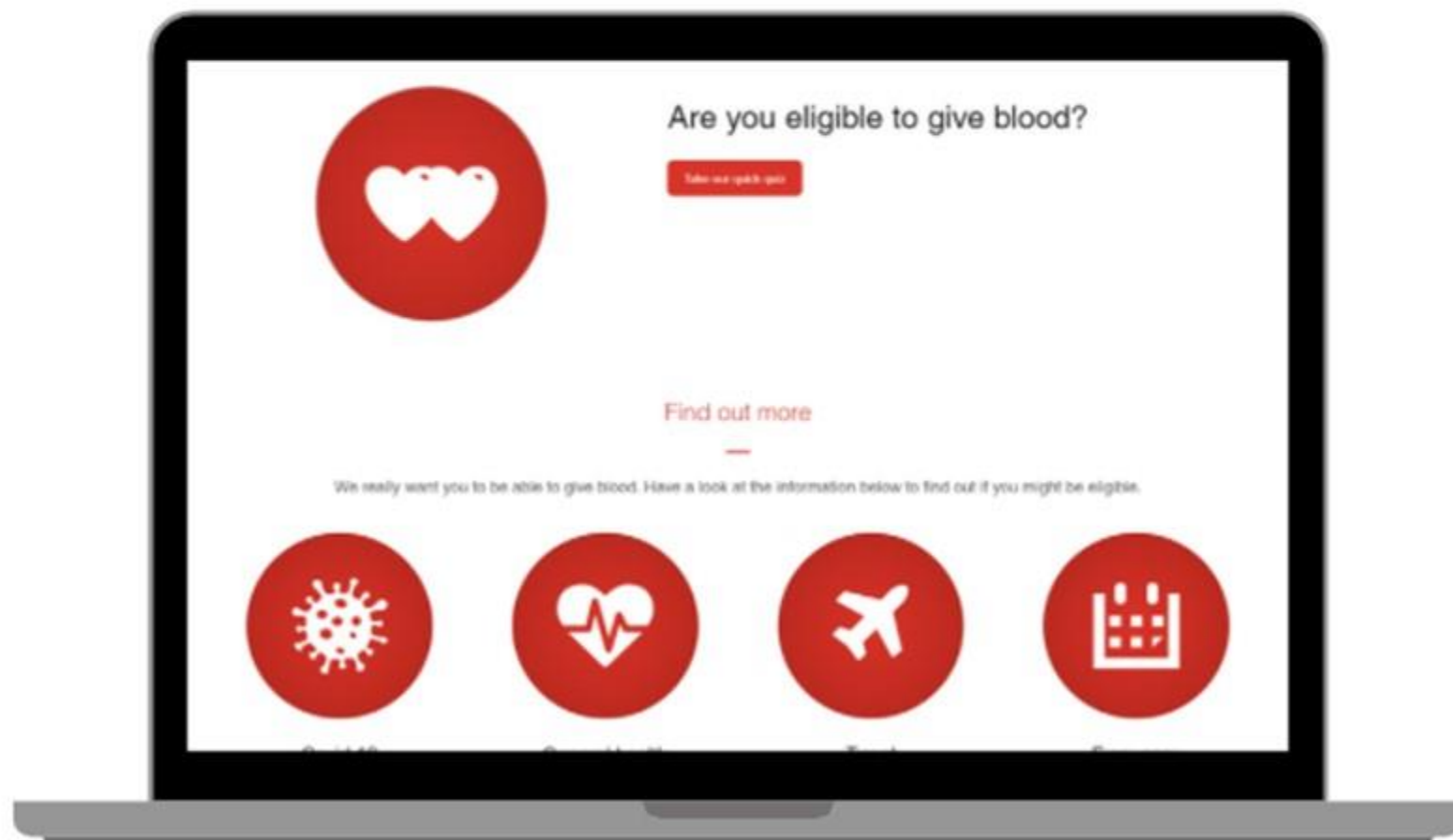
Over 3000  
people every  
week

# Eligible to give blood:

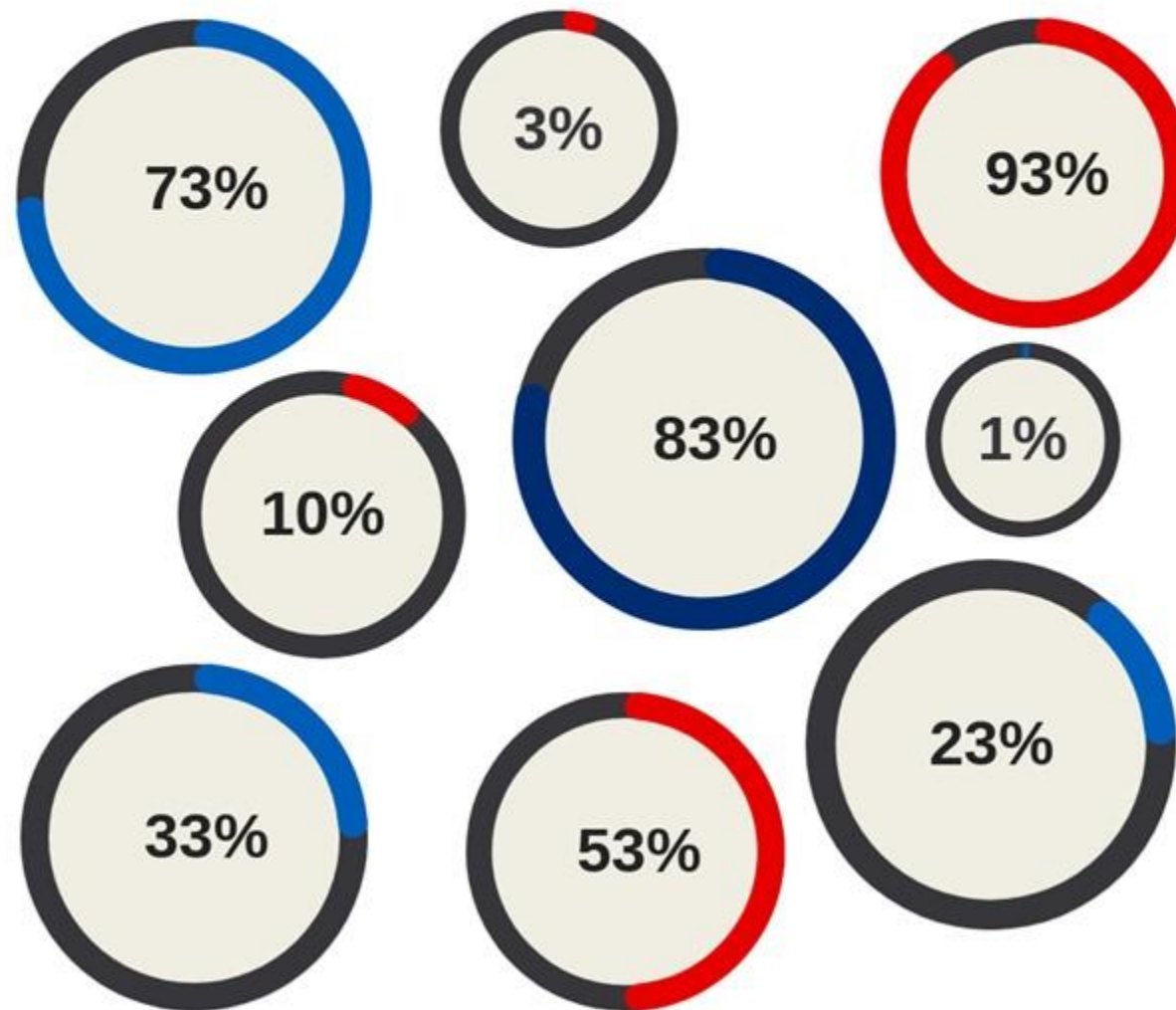
- Aged between 17-65
- Not awaiting test results from doctor
- Haven't visited a malarial area
- Haven't had cancer, heart disease or stroke
- Not currently pregnant
- Do not have Covid-19



Visit [scotblood.co.uk](https://scotblood.co.uk)  
Do our quiz to find out



# What percentage of the eligible Scottish population give blood?





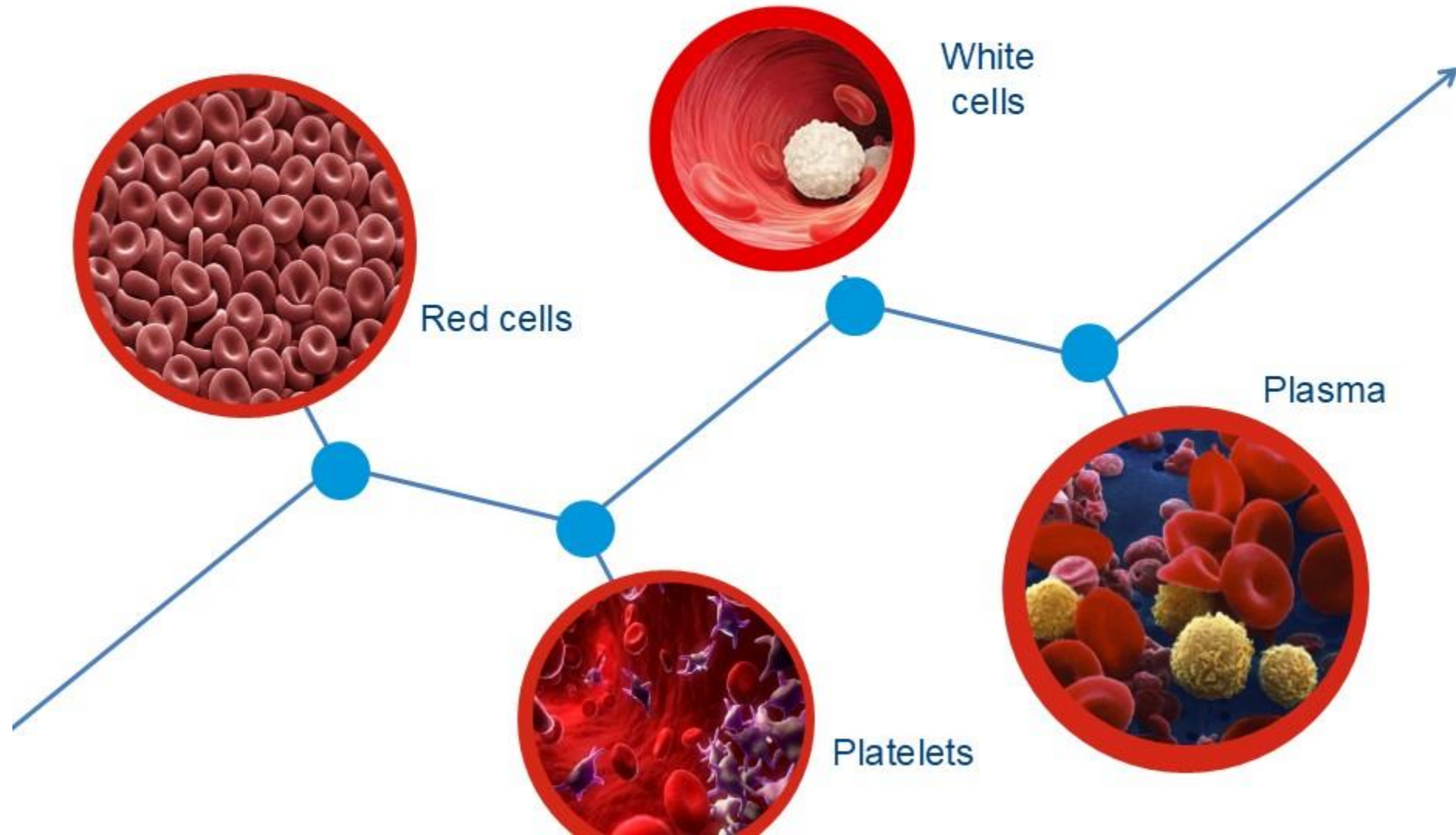
96,800



1 in 4 of us is likely to need blood or blood products at some point in our lives.



# What is blood composed of?





One blood donation can help to save or improve the lives of three different patients in Scotland

# What does my blood get used for?



**37%**

Cancer and  
blood diseases



**27%**

Surgical  
procedures



**10%**

critically ill  
patients



**2%**

Mother, babies and  
young children

Today all these patients are thriving...



Linda



Rico



Mark






























Willow &  
Niamh

...thanks to **blood donors**

# Blood Types

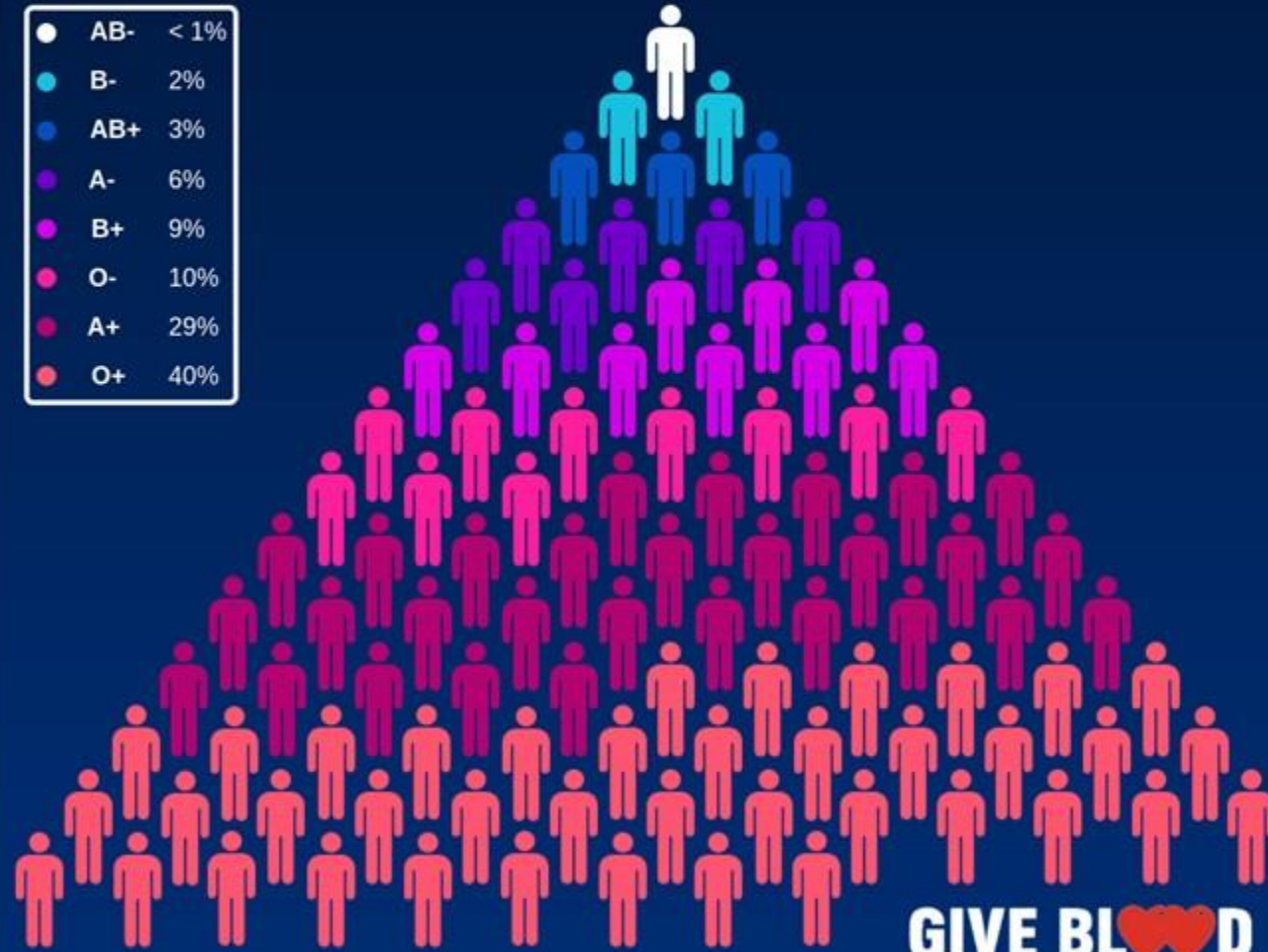
Eight different blood groups, but not every blood group can help every patient.

	O-	O+	B-	B+	A-	A+	AB-	AB+
AB+								
AB-								
A+								
A-								
B+								
B-								
O+								
O-								

# Blood types

## Scotland's blood groups - by population

●	AB-	< 1%
●	B-	2%
●	AB+	3%
●	A-	6%
●	B+	9%
●	O-	10%
●	A+	29%
●	O+	40%



# Daily blood stocks

Current blood stock levels across Scotland

Friday 01 November



7  
days



9  
days



7  
days



10  
days



7  
days



8  
days



4  
days

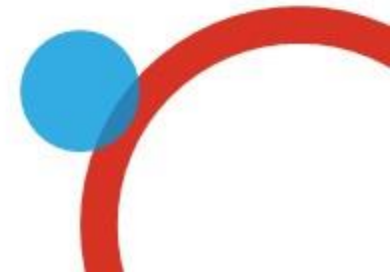


10  
days



# Whole blood donation

- Men and women
- 17 – 65
- Collected both at donor centres and in the community
- Safe to donate every 12-16 weeks
- Shelf life of 35 days
- One donation can save or improve the lives of three people



# Plasma donation

- Existing blood donor
- Can only be done at Donor Centre
- Donate every 4-6 weeks
- Willing to spend up to an hour on a machine for each donation
- Used to make 'plasma for medicine' Intravenous Immunoglobulin (IVIG)
- Treats patients like twins Max and Fin who suffer from XLA, which weakens their immune system



# Platelet donation

- Men and women
- Existing blood donor
- Blood group A and O
- Donation takes place at Donor Centres
- Attend Donor Centre every 4-6 weeks
- Willing to spend up to 90 minutes on a machine for each donation
- Can only be stored for 7 days



# Common reasons you might not be able to donate

- 
1. Under investigation
  2. Piercing/tattoo
  3. Malaria risk
  4. Pregnant
  5. No suitable veins
  6. Had blood transfusion after 1981, cancer, heart disease or stroke



Asthma inhalers

Antihistamines

Painkillers

Flu/Covid Vaccine



Cigarettes

# MEDICATIONS & MORE

Antibiotics

Prescribed Iron  
Supplements

Insulin



Cosmetic Fillers



Illicit drugs



Drink plenty  
of fluid

Make sure you  
eat before  
giving blood



Donor health check



Finger prick test



Give blood



Relax



# Afterwards...

Carry on as normal

- Drink three glasses of water over the next three hours, and don't forget to eat.
- Avoid strenuous exercise, heavy lifting and hot baths for the rest of the day.
- Please don't smoke for two hours after donation!
- Safe to Give Blood every 12/16 weeks
- Takes less than 24 hours to replace the fluid that's been lost
- Takes a few weeks for Red Cells to return to 'pre-donated state'



# How you can help...

- Organise a blood donation talk at your workplace
- Encourage colleagues to sign up to become blood donors
- Allow staff members the time from work to donate
- Organise a group booking at Aberdeen Donor Centre or a community session
- Share your experience on social media



# To donate...



- Register at [scotblood.co.uk](http://scotblood.co.uk) or call 0345 90 90 999
- Find your nearest session by using our session finder at [scotblood.co.uk](http://scotblood.co.uk)
- Book an appointment online at [scotblood.co.uk](http://scotblood.co.uk) or call 0345 90 90 999
- You'll receive your donor card within 10 weeks of your donation

The screenshot shows the NHS Give Blood website homepage. At the top left is the 'GIVE BLOOD' logo with two red hearts. To its right is a navigation menu with links: 'Giving blood', 'About blood', 'Amazing stories', 'News', 'Contact us', and 'About us'. On the far right of the top bar are two buttons: a blue 'Register' button and a red 'Log in' button with a user icon. The main content area features a blue-tinted background image of a healthcare professional talking to a patient. Overlaid on this image is the text 'Scotland's patients need your help' in large white font, followed by the subtext 'Just one blood donation can save or improve the lives of up to three people'. Below this is a white button that says 'Sign up to give blood'. At the bottom of the main area is a search bar with the text 'Find out where to give blood' and a white input field containing the placeholder 'Enter a postcode or place name'. To the right of the input field is a red 'SEARCH' button with a magnifying glass icon. A large yellow arrow points from the bottom right towards the search bar.



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## Contact Us

Call 0345 90 90 999

Visit [www.scotblood.co.uk](http://www.scotblood.co.uk)



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youtube.com/givebloodscotland

Questions

Thank you