



Donate Blood. Save Lives.

BLOOD DONATION PROCESS

Blood donation involves the following steps;

1. DATA CLERK
 - i Registration
 - ii Form filling
 - ii Weighing

2. COUNSELING
 - i. Haemoglobin check
 - ii. Blood pressure check
 - iii. Health assessment

3. DONATION
A specially trained nurse will attend donor and 450mil of blood will be taken from a blood donor

4. POST-DONATION (what donor is suppose to do after donating blood)
 - i. Rest and refreshment
 - ii. Avoid heavy physical activity
 - iii. Remove bandage after 3-4 hrs

For more information contact Ministry of Health and Social welfare,
National Blood Transfusion service, Tanzania P. O. Box 65019
Dar-es-Salaam Tanzania. Tel: +255181872/3 Fax: +25522181872.

Website www.nbts.go.tz, E-mail: info@nbts.go.tz, facebook.com/changiadamuTz,
twitter.com/changiadamuTz, youtube.com/changiadamutanzania