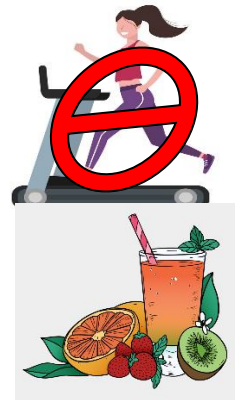


Dear Generous Donor, kindly follow the below instructions after Blood Donation for Your Own Safety

- Eat and drink something healthy before leaving your place of donation.
- Drink extra fluids on the day of and the day after your donation.
- Do not lift heavy objects and avoid strenuous exercise such as tennis, swimming, golf, jogging, etc. during the next 24 hours.
- Do not smoke for an hour after donation.
- Leave your bandage on 3-4 hours
- If you see any new bleeding, raise your arm above your head and apply pressure until the bleeding stops.
- If you feel faint, dizzy, or lightheaded, sit or laydown until the feeling passes.
- If you experience any bruising of your arm at the donation site, apply ice in a cloth to the area for 15-20 minutes 3-4 times a day for the first day, second day apply warm cloth for 15-20 minutes 3-4 times a day, a rainbow of colors may see for about 10 days.
- It is advisable to take iron supplements to replenish the iron lost in your donations, as advised by our medical team.
- After donation, please take refreshment and rest for at least 15 minutes before you leave the donation area.
- You can donate whole blood every 2 months, platelet apheresis every 2 weeks double red cells every 4 months if you meet the eligibility criteria's.



In the event that you test positive for COVID 19 or experience signs and symptoms suggestive of COVID 19 within 5 days of your donation, please call us.

Call Centre: 800 60

Dubai Blood Donation Working Hours: 7:00 am to 8:30 pm (Monday-Friday)

Please download the Dubai Health app in your smart mobile phone using “Dammi” service for future donation.

Thank you for your generous donation