

Blood and bone marrow donation

#BecomeAHero

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Blood donation

What is donated blood used for?



2% Trauma and road accidents

4% Obstetrics

10% Orthopaedic

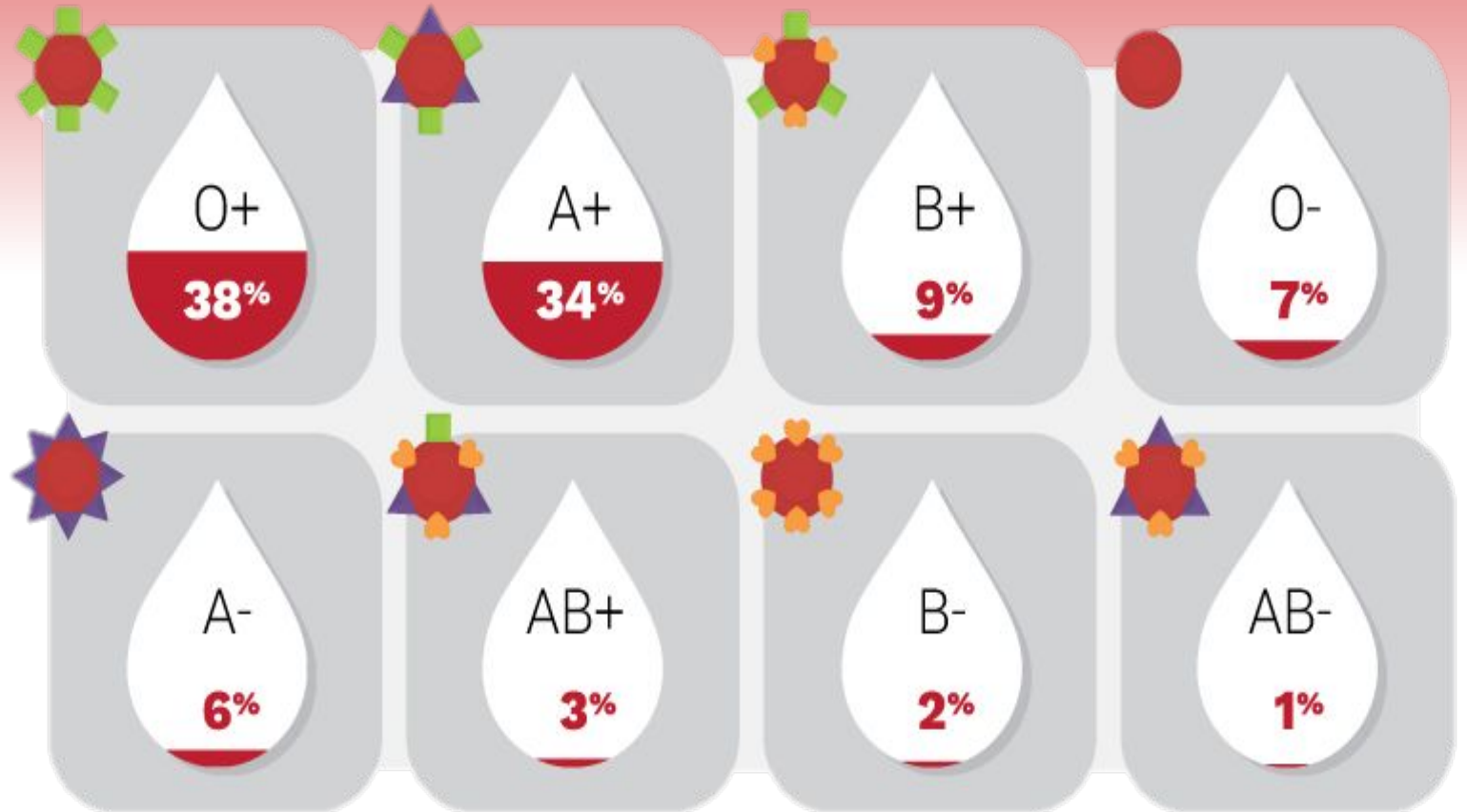
13% Other medical problems (Heart, Liver, Kidney)

18% Surgical

19% Patients with anemia

34% Cancer patients and Blood diseases

How rare is your blood type?



Donor Traffic Light

O (I)	A (II)	B (III)	AB (IV)
Rh+	Rh+	Rh+	Rh+
Rh-	Rh-	Rh-	Rh-



1 Pint

Blood cannot be artificially made. The only way to have enough blood to save lives is through your blood donations.

The absolute contraindications :

- infections,
- tuberculosis,
- blood diseases,
- oncological diseases
- and others.

Temporary contraindications

- tooth extraction (10 days),
- tattooing,
- piercing or acupuncture treatment (1 year), throat infections, flu (1 month from the moment of recovery),
- menstruation (5 days before and after), abortion (6 months),
- the period of pregnancy and lactation (1 year after childbirth, 3 months after the end of lactation),
- recent vaccinations.



Before and after donation

Before donation

72 hours



Do not take medicines containing aspirin and analgesics.

48 hours



Abstain from alcohol

24 hours



Do not eat fatty, spicy and smoked food, dairy products and eggs. Drink sweet tea, juices, mineral water, bread, dryers, cereals, vegetables and fruits.

At the morning



Don't forget to breakfast

1 hour

Don't smoke



After donation

5-10 min



Relax



5-10 min



Drink sweet tea and water

1 hour



Don't smoke

2 hours



Do not drive a motorcycle (car allowed)

3-4 hours



Do not remove or wet the bandage

24 hours



Avoid physical exertion, do not drink alcohol.

48 hours



Eat plenty and eat regularly, drink more fluids.

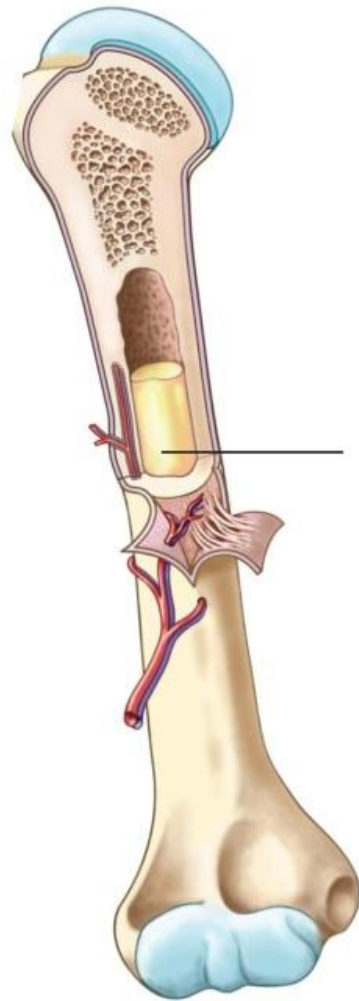
10 days



Do not take any vaccinations.

Bone marrow donation

What's marrow?



Marrow

Red Blood Cells



White Blood Cells



Lymphocyte



Monocyte



Eosinophil



Basophil

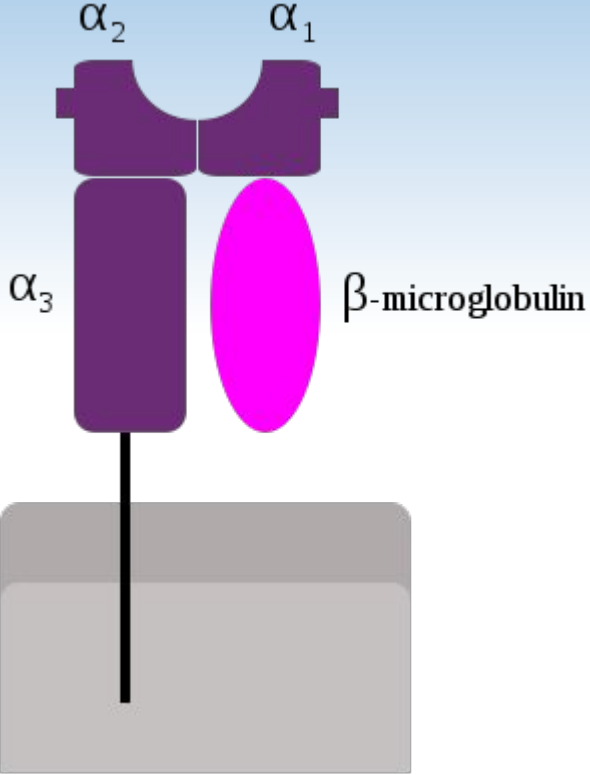
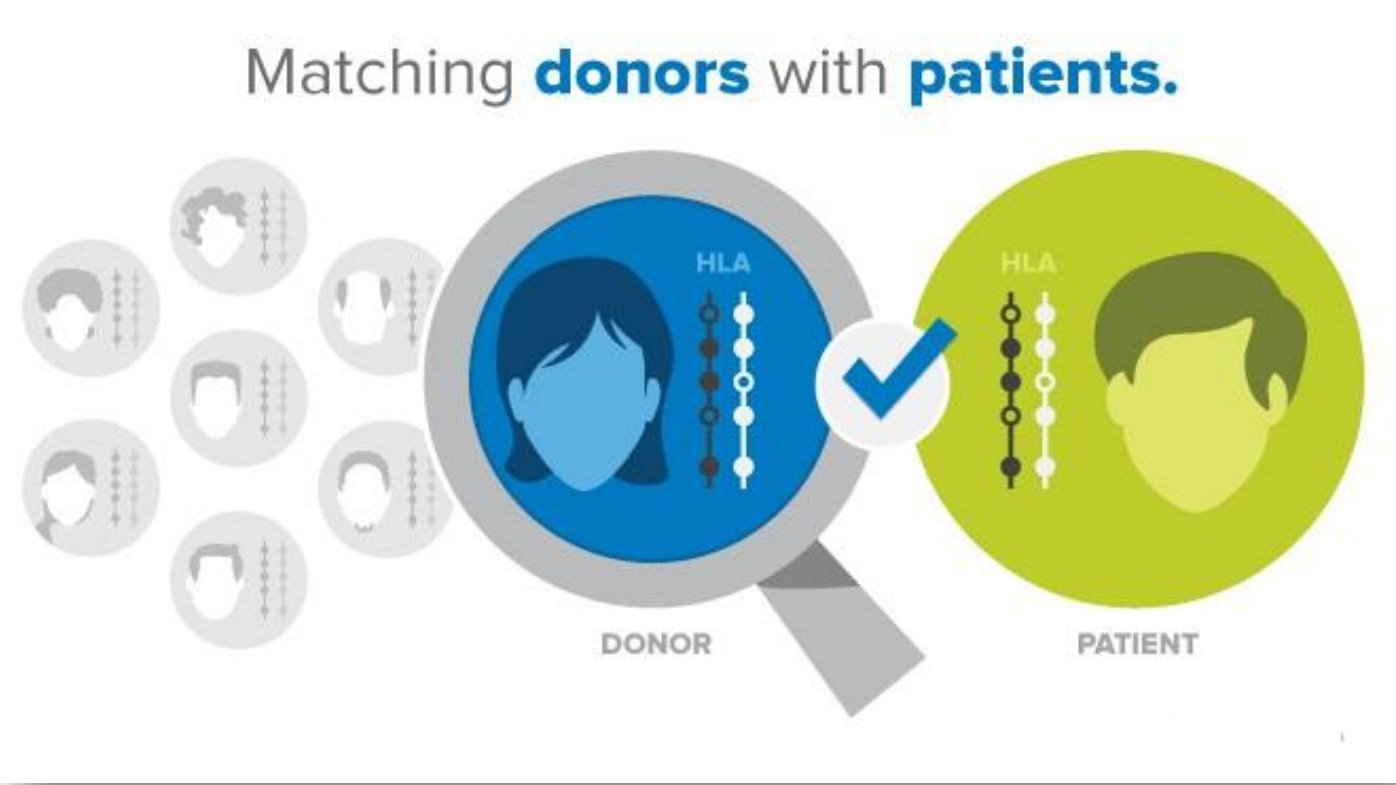


Neutrophil

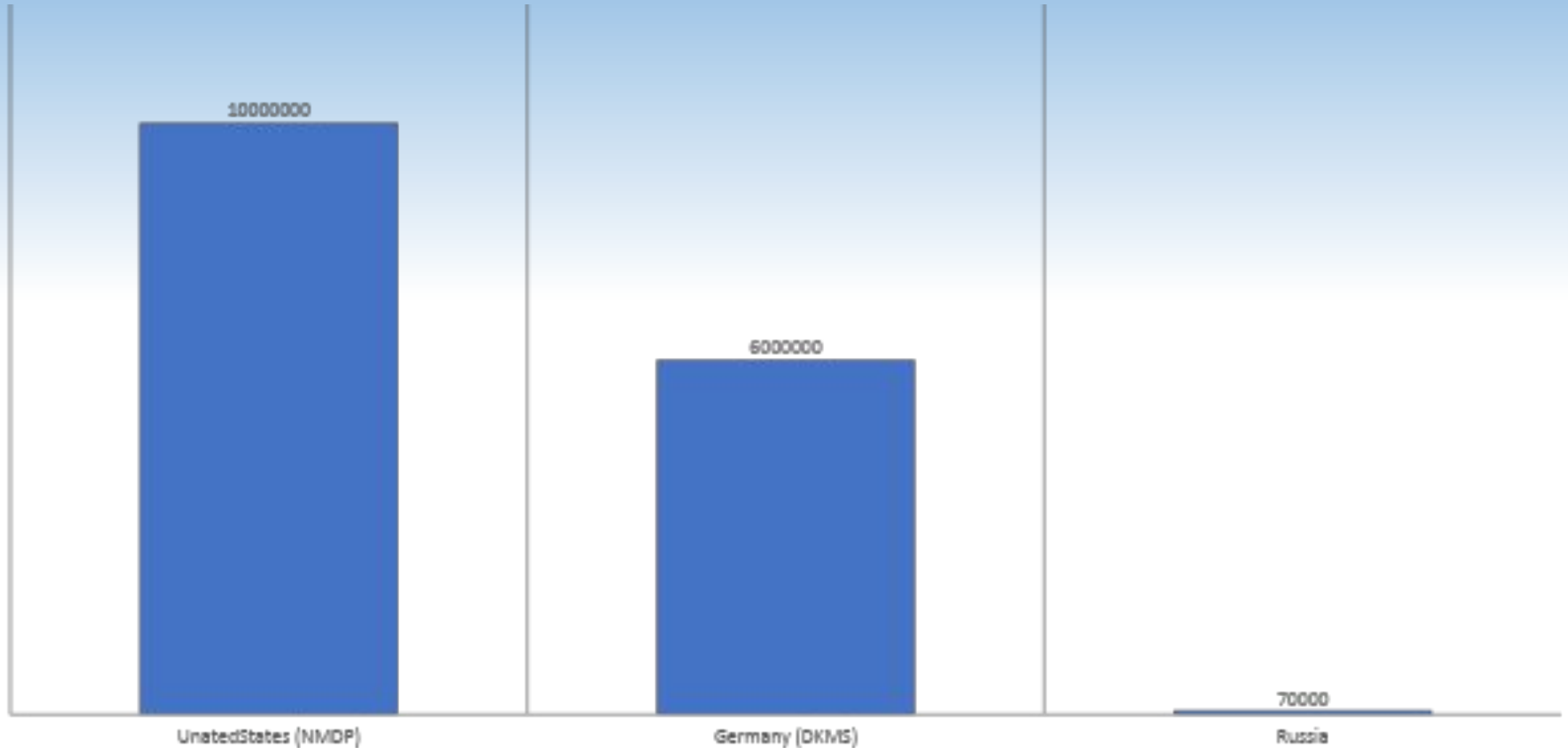
Platelets



Human leukocyte antigen



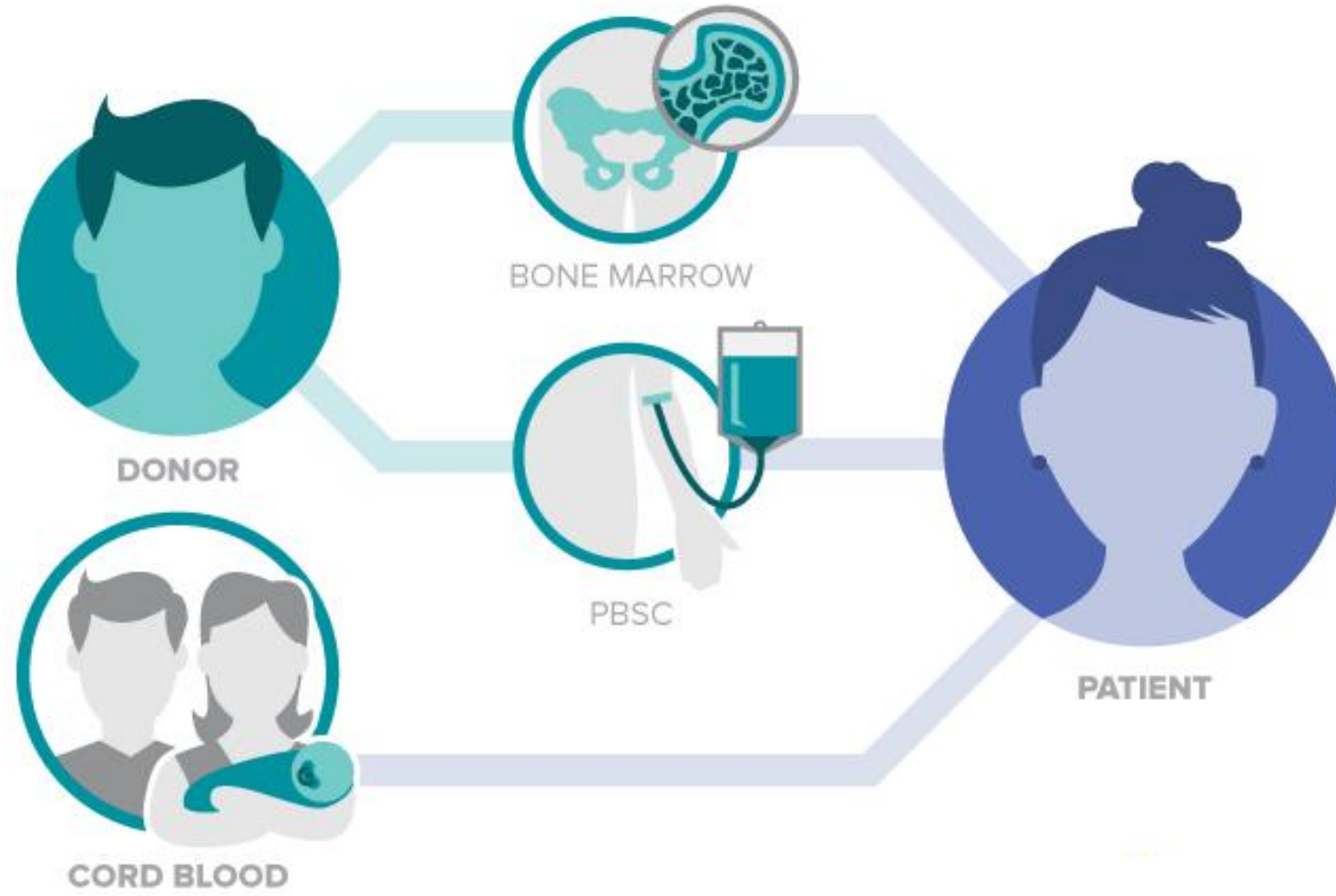
The registers for potential bone marrow donors



How **marrow donation** works:



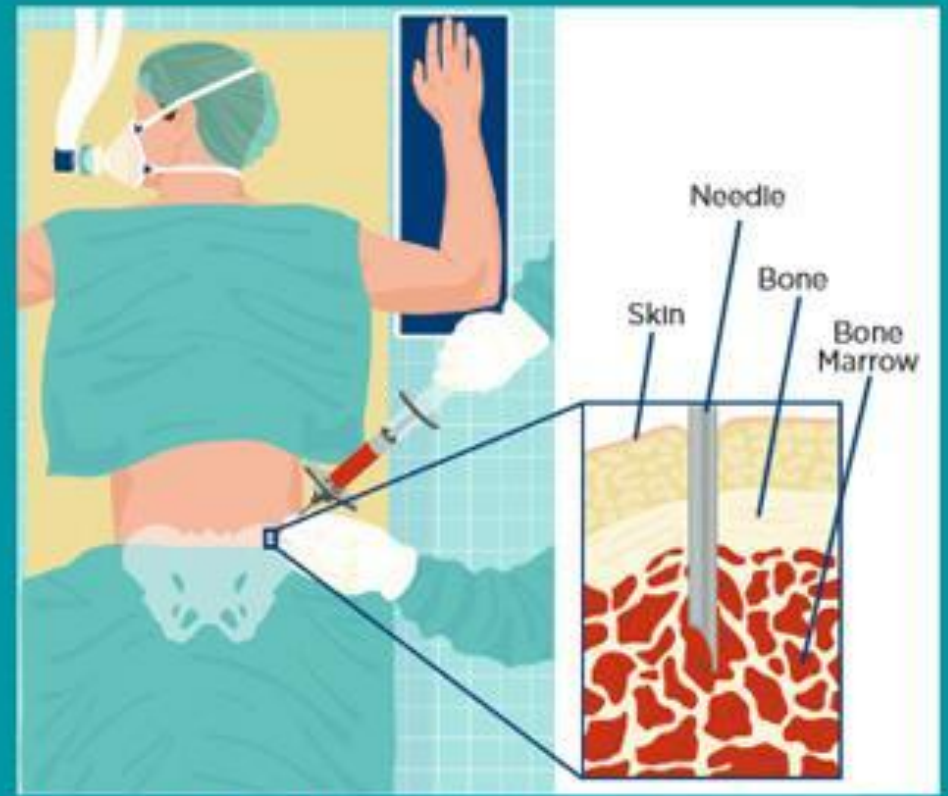
3 ways to donate marrow:



Peripheral blood stem cell donation



Donation from the bone



It's a beautiful day to save lives!

