Types of Donation

Whole Blood

Autologous: It's the collection, testing and processing of a patient's own blood for him or herself. This can only be performed for planned surgery. SANBS Medical Officer will assess the patient's eligibility in terms of general health and other requirements.

Directed: A patient can ask a family member or friend to donate. Chosen donors have to meet the same criteria as normal donors and must naturally also have a blood type compatible with the patient receiving the blood.

If blood is donated by first line blood relatives, it will require a further step of irradiation to prevent an entity called Transfusion Associated Graft verse Host Disease.

Apheresis

Platelet: Platelets play a vital role in blood clotting and prevention of excess blood loss. Platelet donation is a simple process that takes about two hours to complete. The blood is processed through a cell separator, which retains the platelets and returns the other blood components to the donor's system. This procedure enables people to donate platelets every month.

Plasma: Plasma contains many important components that can be given to patients with special needs.
Plasma donation is a similar process to platelet donation, and takes about 90 minutes. The blood is processed through an aphaeresis machine that filters out the plasma and returns the red cells and other cellular components to the donor's system.

As all the red cells are returned, these donors are able to donate more frequently than whole blood donors. Specialized equipment is needed for plasma and platelet donation, so these procedures are only carried out at particular donor centres or branches.

After donating, eat well and increase your fluid intake for the next four to six hours. Do not smoke for at least 30 minutes. Also avoid strenuous physical exertion and lifting heavy objects with the arm used for making the donation for at least two hours afterwards.