1. **Registration**

   Personal information & questionnaire you fill in each time are kept in Blood Transfusion Service computer system.

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2. **Haemoglobin**

   Your finger is pricked for a haemoglobin test to ensure that you are suitable to be a blood donor.

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3. **Local anaesthetic**

   A little anaesthetic is applied to your arm area prior to donation. As a result, there is hardly any discomfort.

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4. **Venepuncture and needle**

   After blood pressure is checked, venepuncture will be done by our nursing staff. Only sterile disposable needles are used on donors to prevent cross infection.

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5. **The donation**

   Lasts about 7-12 minutes.

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6. **Refreshment**

   After donation you will be offered a drink and some biscuits. The liquid intake almost immediately replaces the fluid lost in the donation.

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**Hong Kong Red Cross Blood Transfusion Service**

For enquiries 查詢電話: 2710 1333
1 運動
捐血當日暫停劇烈運動。
Exercises
No strenuous exercises for the day.

2 注意事項
捐血之手在當日不可提重物，以避免發生癱瘓的現象。
Reminder
No heavy lifting with the donation arm for the rest of the day to avoid developing bruises.

3 补充水分
當日多飲水份。
Water replenishment
Increase fluid intake for the day.

4 捐血份量及密度
捐血份量是根據個別體重而定，通常份量界乎350至450毫升。從醫學觀點來說，男仕每隔三個月及女仕每隔四個月定期捐血是不會影響健康，未滿18歲之人士每年可捐二次，每次相隔至少於五個月。
Amounts and frequency
Depending on body weight, a donor can give 350 to 450 mls each time. It is medically safe for males to donate every 3 months and for females every 4 months. Donors under 18 can give twice a year with an interval of not less than 5 months.

5 膠布
膠布可在沐浴後除去。
Band-aid
Remove the band-aid in the evening.

6 翌日活動
捐血翌日一切可照常活動。
The day after
Resume normal activities the following day.

備註：
1. 首次捐血人士將於四至六星期內收到捐血咭。
2. 正常化驗結果將不會通知捐血者，如無必要，本會不會個別發出化驗報告。
Remarks:
1. New donors will receive a blood donation card within 4 to 6 weeks.
2. Unless there is a need, donors will not be informed of blood test results.