捐血前之準備

- 早睡，養足精神。
- 不要空肚捐血，若未進食早餐或午餐而感肚餓者，請通知工作人員。
- 適當衣著。若天氣寒冷，也切勿穿太緊的長袖內衣，可在外多加長衫或外套保暖。
- 帶備捐血啓及香港身份証或身份證明文件。
- 若年齡介乎16-17歲之青少年須先徵得家長簽署同意書及帶備身份証或身份證明文件，方可捐血。

捐血程序（整個過程約需40至45分鐘）

- 登記及健康查詢
  每次捐血，須填寫一份問卷及個人資料，然後會見護士，並量度體溫，以確定是否適合捐血。
  一切資料將保存於輸血服務中心的電腦系統內。

- 驗血色素
  由指尖取出一滴血，用以檢驗你的血色素是否符合輸血服務中心為捐血者所訂標準。

- 局部麻醉（可選擇）
  在入針部位先行注射局部麻醉藥，免除捐血時不舒服的感覺。

- 靜脈取血及針筒處理
  靜脈血後，專業護理人員會進行靜脈取血。所有針筒都經消毒並只用一次，以確保捐血者免受感染。

捐血後須知

- 運動
  捐血當日暫停劇烈運動。

- 注意事項
  捐血之手在當日不可提取重物，以避免發生藍瘡的現象。

- 補充水份
  當日多飲水份。

- 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，男士每隔三個月及女士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，每次相隔不少於六個月。

- 膠布
  膠布可在沐浴後除去。

- 翌日活動
  捐血翌日一切可照常活動。

備註：
1. 首次捐血人士將於四至六星期內收到捐血冊。
2. 正常化驗結果將不會通知捐血者。

香港紅十字會輸血服務中心

本會共有七間捐血中心分佈港九及新界各區。為方便各界人士捐血，流動捐血車及捐血隊每日到訪不同地區，市民可透過電台廣播得知服務地點。機構如欲舉行五十人或以上之捐血活動，可預約捐血招募隊安排個別拜訪。
如有查詢請致電2710 1333或瀏覽我們的網頁 http://www.ha.org.hk/rcbts
**HONG KONG RED CROSS**

**BLOOD TRANSFUSION SERVICE**

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### Preparation of Blood Donation
- Have sufficient sleep to ensure you are in satisfactory health condition.
- Do not give blood on an empty stomach, please let our staff know if you have not had breakfast or lunch and are feeling hungry.
- Do not wear clothing with tight sleeves.
- Bring your Hong Kong Identity Card or Identity Documents; and donation card (for previous donors).
- Parental consent form & Hong Kong Identity Card or Identity Documents are required for first-time donors aged between 16-17.

### Blood Donation Procedures
*(The whole process takes 40 to 45 minutes.)*

- **Registration and Health Screening**
  You are requested to fill in personal particulars and answer the health enquiry questionnaires. Then you will be interviewed by a nurse who also takes your temperature to confirm your eligibility. The information provided will be kept strictly confidential in Blood Transfusion Service computer system.

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

- **Local anaesthetic (Optional)**
  To minimize discomfort, local anaesthetic can be applied to your arm prior to donation.

- **Venepuncture and needle**
  After blood pressure is checked, venepuncture will be done by our staff. Only sterile disposable needles are used to prevent cross infection.

- **The donation**
  Takes about 7-12 minutes.

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

### General Information for Donors

- **Exercises**
  No strenuous exercises for the day.

- **Reminder**
  No heavy lifting with the donation arm for the rest of the day to avoid developing bruises.

- **Water replenishment**
  Increase fluid intake for the day.

- **Amounts and frequency**
  Depending on body weight, a donor can give 350 to 450 ml each time. It is medically safe for males to donate every 3 months and females every 4 months. Donors under 18 may donate twice a year with an interval of not less than 6 months.

- **Band-aid**
  Remove the band-aid in the evening.

- **The day after**
  Resume normal activities the following day.

### Remarks:
1. New donors will receive a blood donation card within 4 to 6 weeks.
2. Donors will not be informed of normal blood test result.

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Our Service have 7 permanent Donor Centres located in HK, Kln, and NT. For your convenience, we also have mobile teams and blood donation vehicles visiting various locations in our Territory. Mobile teams may be organized to visit your premises for group donation of over 50 donors. Please listen to radio announcements for locations of our Mobile Teams and Donation Vehicles. For enquiries, please call 2710 1333 or visit our website http://www.ha.org.hk/rcbf