

Additional Notes

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Advice for patients after a blood transfusion

Stick addressograph label here

Give this leaflet to the patient ideally before the transfusion and ensure the content is explained before they leave the ward/clinic.

Explain how to get assistance in the event of a problem (both 'in hours' and 'out of hours') and record in the box on the next page.

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW
Poole Hospital,
Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Helen Slade** Date: **September 2024** Version: **Two**
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Advice for patients (or parents/guardians of patients) receiving a blood component transfusion.

To be completed by hospital staff before discharge:

Date and time of last transfusion:	
.....	
Ward/Department:	
.....	
Contact telephone number(s):	
day time:	Night /weekends:
.....

Blood component transfusions (red cells, platelets, or plasma) are common procedures that can save and improve lives and death from a transfusion is extremely rare. The risk of an infected unit of blood is extremely low as each donation is tested by the National Health Service Blood and Transplant (NHSBT) for a range of potential infections including hepatitis B, C, and E and HIV. Comprehensive compatibility testing is carried out by UHD transfusion laboratories, and the trust has detailed policies to help ensure safe transfusion practice.

Most blood component transfusions take place without problems, but receiving a transfusion carries with it a very small risk of developing side effects. These may develop within several hours or even days later and can happen after leaving the hospital. Side effects are often mild, but it is still important to report any unusual or unexpected symptoms to a healthcare professional (i.e. doctor, nurse, or midwife).

Further information about blood component transfusion can be found at: www.blood.co.uk and www.nhsbt.nhs.uk.

Please seek medical advice if you experience any of the following signs or symptoms during or after your transfusion:

- a high temperature - feeling feverish, hot and clammy, or shivering and chills
- breathing problems, wheeziness, shortness of breath, or a new cough
- feeling sick or vomiting
- swelling of any part of the body and especially around the mouth, lips, and face
- extreme tiredness or generally feeling unwell
- passing blood in your urine, or passing much less, or very dark, urine
- itchy skin and/or rash
- pain in the limbs, chest, or tummy, or in the lower back (loin pain)
- unexpected or unexplained bruising
- jaundice (yellow colour of the white of your eyes or your skin)

You must inform the health care professional that you have recently had a blood component transfusion, and that you are contacting them because of the advice given in this leaflet.

If you are unable to contact the hospital where you had your transfusion, then please contact your GP, or dial **111** if outside of surgery opening times, as soon as possible.

In the rare event of an emergency (life threatening problems, for example difficulty with breathing), call 999 for an ambulance and bring this leaflet into hospital with you.