

Men can donate blood every 3 months (4 times/year) and women every 4 months (3 times/year) without suffering any harm. One unit of whole blood represents approximately 450 mL. Each person has 5 to 6 litres of blood in circulation, depending on their body surface. Donated blood is quickly replenished by our body. There is no possibility of contracting diseases through blood donation, as all the material used is sterile, disposable and used only once.

You can donate blood if you are in good health, have healthy lifestyle habits, weigh 50 kg or more and are between 18 and 65 years old. For a first donation, the age limit is 60 years.

The Serviço de Sangue e Medicina Transfusional collects blood from donors:

- Monday to Friday from **8:30h to 13:00h**
- Saturday from **8.30h to 12.30h**.

PRIOR SCHEDULE OF DONATIONS

Monday to Friday from 8:30h to 15:00h

Contact: 291 705 752

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Blood Donation Process

The entire donation process takes an average of 45 to 60 minutes. We remind you that you should not give blood on an empty stomach, so you should have a light meal without alcohol and without fat, such as a sandwich and juice. If you have lunch, you must complete the three hours of digestion before making your donation.

When going to the Serviço de Sangue e Medicina Transfusional of Hospital Dr. Nélio Mendonça, you will be assisted by a professional from administrative services who will fill in your identification form.

It is important that you bring your Citizen Card and/or Identity Card with you so that your personal details are filled in correctly and to later receive the National Blood Donor Card.

20 QUESTIONS ABOUT BLOOD DONATION



1. Can anyone donate blood?

Anyone who meets the basic eligibility requirements for blood donation can apply for blood donation: over 18 years old, over 50Kg and with healthy lifestyles.

Before blood donation, a clinical assessment (clinical screening) is carried out by a qualified healthcare professional. If no risk situations are identified for your safety as a donor as well as the safety of the recipient, then as a patient, you can donate blood.

2. When am I considered a “Blood Donor”?

A blood donor is any person who, after being clinically accepted, donates, benevolently and voluntarily, part of his or her blood for therapeutic purposes. After performing two effective blood donations, a Blood Donor Card is assigned.

3. Is there any clinical evaluation of the donor?

Yes. The donor candidate is evaluated by a qualified health professional who determines his eligibility for blood donation, through a clinical evaluation and physical examination (such as determination of his weight, haemoglobin, blood pressure and heart rate). This assessment is based on the minimum eligibility criteria and on the individual assessment of the risk related to the behaviour of the candidate for blood donation, with the purpose of guaranteeing the safety of the recipients.

4. Can I be refused as a blood donor?

Yes. A candidate for blood donation may be suspended for multiple reasons. That is why informed consent for the donation is so important, as it complements the evaluation of the eligibility criteria that ensures the safety of the donor and the recipient, making transfusion a safe process.

5. Is it safe to donate blood in Portugal?

Yes. The rules implemented in Portugal about who can donate blood are a requirement of European legislation. There are committees of experts in the field that regularly ensure that the policies applied in all blood and transplantation services are based on the best available scientific evidence.

6. Can I contract any diseases while giving blood?

No. There is no possibility of contracting diseases through blood donation, as all the material used is sterilized, disposable and used only once. All healthcare professionals comply with Good Practice requirements.

7. Will I feel weakened after the donation?

You will feel fine after the blood donation, as long as the pre- and post-donation care is followed. You should have breakfast or a snack and increase your fluid intake before blood donation. Furthermore, you should not have a large meal prior to blood donation.

At the end of the blood donation, you should reinforce your fluid intake again and have a light meal.

8. Are special cares necessary after the donation?

In the donation, approximately 450 ml of blood are collected, which are quickly replenished by the body. Reinforcing the intake of liquids (water) before and after the donation is very important so that the replacement of the volume after the donation is facilitated.

All recommendations will be given to you by the qualified health professional who accompanies you during the blood collection.

9. Will I be able to carry out all the activities after the donation?

You can return to your normal occupation. However, some professional activities require precautions, and it may be necessary to wait a minimum period of 12 hours to restart activity (air traffic controllers, park operators, public transport and heavy vehicle drivers, divers, climbers, workers in scaffolding and electrical installations, miners) or from 24 to 72 hours (airline pilots).

You must not carry out dangerous activities and intense sports on the day of the donation. Long journeys (over 100 km) must be undertaken after a rest period of at least 6 hours.10. Como posso ultrapassar o meu receio de dar sangue?

10. How can I overcome my fear of donating blood?

Blood donation is a safe, almost painless process with no contraindications for a healthy adult. Some people are afraid to make their first donation, fearing an adverse reaction, but they easily lose their fear and blood donation becomes a natural and simple process.

11. Is the sale of blood allowed?

No. The sale or commercialization of blood is prohibited by law. However, the collection, processing and laboratory tests carried out so that it can be transfused, involve costs that public health institutions cover, in the case of private health institutions these costs are covered by the client. This also applies to self-transfusions.

12. Should I value all the information circulating about the donation?

No. Much of this information are myths, fears or misgivings that are transmitted by people who, in most cases, have never given blood. All information about the donation, including donation appeals, is the responsibility of the Serviço de Sangue e Medicina Transfusional of Hospital Dr. Nélio Mendonça. If you have queries, contact us.

13. I have already given blood this year. Can I repeat the donation?

We thank you for your donation and you can repeat it without any inconvenience to your health and well-being. Men can donate blood every 3 months and women every 4 months.

14. I don't know my blood type. Is it important?

Not knowing the blood type is not an impediment to applying for blood donation. After the first effective donation, your blood type is determined.

15. Is my blood type required?

Yes. All blood types are required, even those that are most common, as they are also the most used.

16. What tests are carried out on donated blood?

All donations are analysed to detect the following infections: Hepatitis B, Hepatitis C, HIV and Syphilis. In specific epidemiological situations, additional analysis may be required.

17. What are my obligations as a blood donor?

Candidates for blood donation must formalize their consent for the donation in writing (completion of informed consent) and must respond truthfully, conscientiously and responsibly to the questions asked, with the intention of protecting their health (as a Donor Person), and the health of the recipient/patient, also preserving the quality and safety of the donated component.

18. Can I donate blood if I have the flu/cold?

If you have flu syndrome (fever, cough and muscle pain) you cannot apply for blood donation. You can apply 15 days after clinical resolution, if you do not have symptoms and aren't taking medication.

19. If I change my sexual partner, can I donate blood?

Sexual contact with a new person implies a suspension period of 3 months.

20. If I get new tattoos or piercings, can I donate blood?

You can donate blood 4 months after getting a new tattoo or piercing.

Acredite que a sua dádiva faz toda a diferença!

In advance, consider yourself invited to be a blood donor. This silent invitation is not formal, it is real: it is addressed to you by all those who need blood or its components.