

Is my blood transfusion necessary?

Ask the questions. Understand your options. Decide together.

Blood transfusions: they can be life-saving, but they are not always needed. You might need a blood transfusion after major blood loss, if you have severe anaemia with symptoms, or when your body cannot make enough healthy red blood cells. They can also be part of regular treatment for certain conditions or other blood disorders.

Before you say yes to blood ASK

- Why do I need a blood transfusion right now?
- Are there safe alternatives?
- What are the risks for me personally?
- What happens if I wait or try another approach first?
- Will I still be able to donate blood in the future?

Possible alternatives

- Iron treatment
- Vitamin supplements
- Medication to boost blood production
- Medication to help minimise blood loss
- Improving your health before surgery
- Reusing your own blood during surgery



**YOUR BODY. YOUR CHOICE.
YOUR QUESTIONS MATTER!**

Patient Blood Management