



Over-volume donation

Thank you coming to donate blood today. We are sorry that the volume of blood taken was more than usual. This can happen on occasion.

Our registered nurses and donor care staff are trained and competent in dealing with this and in most cases, it is well tolerated and does not result in any ill effects. The registered nurse may recommend a longer interval before your next donation to ensure your wellbeing and to allow your haemoglobin levels to return to normal.

It is unlikely you will suffer any adverse reaction to your donation today. To ensure you don't feel any ill effects please follow the advice below until you go to bed tonight:

- Drink at least 1 litre (2 pints) of fluid over the next 2 hours
- Rest
- Avoid hot rooms and hot showers/baths
- Avoid vigorous exercise or rushing about for the rest of the day
- Avoid standing for long periods

If you do feel unwell:

- Tell someone and ask them to keep an eye on you
- Lie down and raise your legs
 - get up slowly when you feel well enough
- Make sure you have drunk at least 1 litre of fluid
- Seek medical help if you continue to feel unwell or have persistent symptoms

Further information

If you are worried or require further information you can obtain advice by ringing our donor helpline on **0300 123 23 23**

NHS Blood and Transplant

NHS Blood and Transplant saves and improves lives by providing a safe, reliable, and efficient supply of blood and associated services to the NHS in England. We are the organ donor organisation for the UK and responsible for matching and allocating donated organs. We rely on thousands of members of the public who voluntarily donate their blood, organs, tissues, and stem cells. Thank you very much for your time and support and although we have advised you not to donate, you may still be able to help patients by encouraging others to become blood donors.

For more information, visit nhsbt.nhs.uk

Call **0300 123 23 23**