

# Head injury advice for donors

## Minor head injury advice sheet (Adults)

When leaving the Blood Donation session, it is important that, if possible, you are accompanied by a responsible adult. While unlikely, there is a small risk of developing complications, so if you experience any of the following symptoms in the next few days you should contact your GP or attend your local Emergency Department as soon as possible:

- Loss of consciousness
- Increasing disorientation
- New deafness in one or both ears
- Problems understanding or speaking
- Loss of balance or problems walking
- Blurred or double vision
- Any weakness in one or both arms or legs
- Inability to be woken
- Any vomiting
- Bleeding from one or both ears
- Clear fluid coming out of your ears or nose
- Any fits (collapsing or passing out suddenly)
- Drowsiness when you would normally be wide awake
- Severe headache not relieved by painkillers such as paracetamol.

## Dos and Don'ts...

**DO** make sure you stay within reach of a telephone and medical help in the next few days.

**DO** have plenty of rest and avoid stressful situations.

**DO** show this Advice sheet to a friend or family member who can keep an eye on your condition.

**DO** take painkillers such as paracetamol for headaches.

**DON'T** drink alcohol until you feel better.

**DON'T** take aspirin or sleeping tablets without consulting a doctor.

**DON'T** return to work until you feel ready.

**DON'T** return to driving until you feel you have recovered. If in doubt consult your doctor.

Most people recover quickly from a minor head injury. However, you may experience some of the following symptoms over the next few days and weeks:

- Headaches
- Irritability
- Feelings of dizziness
- Restlessness
- Nausea
- Sensitivity to light or noise
- Difficulties with concentration
- Feeling depressed, tearful or anxious
- Sleep disturbance
- Fatigue
- Memory problems
- Difficulties thinking and problem-solving.

In most cases these symptoms will resolve themselves within two weeks. However, in some cases they may persist much longer.

Try not to rush back into normal activities, as this may delay recovery. If you still have any symptoms after two weeks we suggest you see your GP and take this Advice sheet with you.

## **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](https://nhsbt.nhs.uk)

Call **0300 123 23 23**