

If you require pain relief take paracetamol (according to manufacturer's instructions) but **avoid** aspirin and ibuprofen for the first 24 hours.

After 36 hours, contrast bathing may help reduce any swelling. This requires applying a cold cloth on the affected area for 10 minutes followed by a warm cloth for 10 minutes and repeating this several times, ending with a cold cloth.

Your symptoms should generally improve in about a week.

YOU MUST NOT USE THIS ARM TO DONATE IN FUTURE

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 (NHSBT) 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 are 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.

Visit **blood.co.uk**
Call **0300 123 23 23**

Date:

Name:

D.O.B.:

To whom it may concern

Thank you for seeing this donor who attended a recent donation session. The donor received a suspected arterial puncture rather than the normal venepuncture required for venesection. This was carried out with a 16-gauge needle.

This is a recognised but rare complication of donation and the majority of these are effectively managed at session with no need for onward referral.

However, a small number of affected donors may continue to experience problems in their donation arm such as:

- Delayed haemostasis or haematoma
- Compartment syndrome
- Pseudo-aneurysm.

These may require intervention.

We would be very grateful if you could assess this donor and follow up as necessary.

Yours sincerely

Donor Medicine Lead
On behalf of Medical Director for Transfusion
NHS Blood and Transplant

Arterial Puncture

Donor information





Donor name:

Donor number:

Date:

Time of incident:

Site: R / L arm (please circle)

Nurse Name:

Signature:

Additional Information:

Thank you for coming to donate blood today

We are very sorry that a complication has occurred. The needle may have been inserted into an artery rather than a vein. Although this complication is rare, our nurses are trained in dealing with it.

However, it is important that if there are any changes or if you are experiencing any of the symptoms listed below, please follow the advice given underneath:

- Bleeding restarts
 - Swelling that is large or increasing in size
 - Bruising that is large or increasing in size
 - Numbness or pins and needles in the arm, hand or fingers
 - Severe or worsening pain
 - Coldness or paleness of the lower arm, or hand of the affected arm.
- 1) Raise your arm and apply firm pressure.
 - 2) Go immediately to the Accident and Emergency department at your nearest hospital, ask someone to take you or dial 999.
 - 3) Take this information leaflet with you. A letter for the A+E doctor is on the back of this leaflet.
 - 4) Continue to raise your arm and apply firm pressure over the site of needle entry on your way to hospital.

Bruising

It is likely that you will experience a bruise when this kind of complication occurs. The bruise may look dramatic and some people can find this worrying especially if it appears away from the donation area. Bruises will disappear with time but this may take more than a week. It is normal for bruises to spread out before fading. If you do experience a bruise the following advice may help during the first 36 hours after the bruise occurs.

Treat your bruise with RICE

Rest – allow time for the bruise to heal and avoid any activity that may cause pain or discomfort or further bleeding including heavy lifting – e.g., working out at the gym or carrying heavy shopping. Light, gentle movement is recommended. After 36 hours, you may return to normal activity provided your symptoms are improving.

Ice – do not place directly on the skin. Wrap ice in a cloth and place over the affected area. A cool pack e.g. a bag of frozen vegetables can be used instead of ice.

Compression – applying firm pressure on the point where the needle was inserted may reduce the size of the bruise.

Elevation – if possible raise the arm above the level of the heart when at rest.