

+ Bloedbank



Active Donors



Criteria's to donate blood

To guarantee the welfare and safety of blood donors, Stichting Bloedbank Aruba (SBA) operates according international quality standards for blood production. This means implementation of strict rules for blood donors, which are also enforced in the United States of America and the Netherlands.

The appointment

- the donor is called for an appointment;
- a valid I.D. needs to be presented (I.D. card, drivers license or passport);
- the donor will be asked to complete a questionnaire;
- an employee verifies the accuracy of the personal data

Pre-Screening

The Blood Bank personnel verify that all the questions have been answered and additional questions can be asked regarding the donor's health and use of medications. The hemoglobin level will be checked by means of a finger puncture and the blood pressure will be taken. The hemoglobin level for women must be 12.0 or above and for men 12.5 or above. The blood pressure (Systolic pressure) must be 180 or less and the heart (Diastolic pressure) 110 or less. When all the screening requirements are met, blood can be donated.

The process to donate blood

The area inside the arm will be disinfected in order to puncture a good vein. (Occasionally a donor might get a bruise where he/she has been punctured, but this does not happen too often). It takes about 5 to 10 minutes to fill a bag with blood. Only 450 ml. of blood will be extracted. The whole process takes about 30 minutes. Occasionally the donation might not go well, e.g. when the blood does not flow properly or due to a blood clot. In these cases the donation will be stopped and the donor will be asked if blood can be extracted from the other arm. Only with authorization of the donor can blood be extracted from the other arm.

After the donation

- the donor remains seated in order to be checked that there is no bleeding;
- the punctured area will be covered with a bandage. The donor will be guided to the waiting room, to have a drink and to eat a snack, in order to recover.

There is no risk when donating blood

By donating blood you cannot contract any contagious diseases. The needles used to extract blood are sterile and disposable. For this reason a donor can never be infected due to contamination with any kind of virus such as Hepatitis or AIDS.

Steps before donating blood

- sleep well the night before;
- eat well before the donation;
- avoid food that is fattening before donating blood, it takes a while before your body can digest the fat;
- think beforehand if there are any factors that can prohibit you from donating blood;
- Bring along the names of the medications that you are presently using.

When can you temporarily not donate blood?

- Flu (up to 1 week after recovery);
- Antibiotics (up to 2 weeks after ending the treatment);
- Tattoo, piercing (up to 4 months after it being placed);
- Menstruation (up to 1 week after ending);
- Pregnancy;
- Small operation (up to 1 week after the operation);
- Big operation (up to 6 months after the operation);
- Hormones for thyroids.

Things to avoid on the donation day

- you are not allowed to do intensive sporting;
- you are not allowed to scuba dive or skydive;
- you are not allowed to travel.

Extra information

- drink extra liquids to replace the liquid you will lose;
- women can donate blood every 4 months;
- men can donate blood every 2½ to 3 months.

Service hours:

8 a.m till 4 p.m.

All donor information and test results will be kept confidential by the blood bank.

For more information you can contact:

Stichting Bloedbank Aruba

Tel: +297-587 4260

E-mail: bloedbank@arubahospital.com