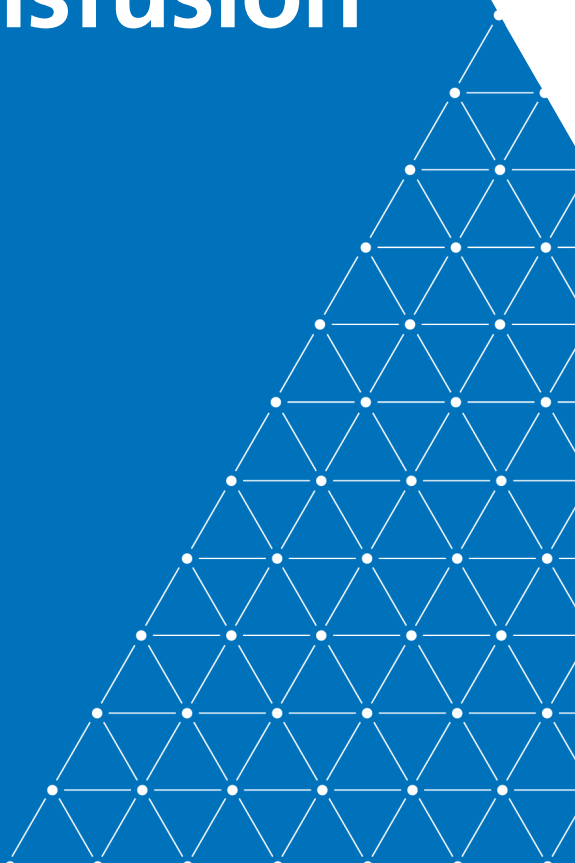
NHS
University Hospitals Sussex
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# Blood transfusion

Pathology



**Patient information**

## What is this information about?

This leaflet provides information and advice for patients who have recently received a **blood transfusion.**

**It explains:**

- Possible side effects after a transfusion
- Symptoms to look out for
- When to seek medical advice
- Important information about blood donation.

## Why have I been given this information?

You have been given this leaflet because you have recently received a **blood transfusion.**

Most blood transfusions take place **without any problems.** However, there is a small risk of developing a **transfusion reaction** or other side effects.

These reactions are usually mild but can occasionally become serious and may occur:

- Within a few hours of the transfusion, or
- Days or weeks afterwards.

It is important to seek medical advice if you develop any unusual symptoms after your transfusion.

## What symptoms should I look out for?

Please contact the hospital for advice as soon as possible if you unexpectedly develop any of the following symptoms after your blood transfusion:

- A **high temperature** or feeling feverish
- Feeling **hot, clammy, or shivery**
- **Cold chills**
- **Breathing difficulties**
- Extreme tiredness
- **Blood in your urine**
- Passing much less urine than usual
- Very dark urine
- An **itchy skin rash**
- Pain in the lower back
- Unexpected bruising
- **Yellowing of the skin or eyes (jaundice).**
- If you have heart failure or kidney disease, also seek advice if you notice increasing ankle swelling or rapid weight gain, especially if accompanied by breathlessness.

Please make sure you tell healthcare staff that you have **recently received a blood transfusion.**

## When should I seek urgent medical help?

If you cannot contact the hospital, or it has been more than 24 hours since you were discharged, please contact:

- Your **GP,** or
- **NHS 111** (out of hours).

In a medical emergency, such as severe breathing difficulties or a life-threatening reaction, call **999 immediately** for an ambulance.

## Can I donate blood after receiving a transfusion?

No.

Unfortunately, after receiving a blood transfusion, you are **no longer able to donate blood.**

This is a safety measure designed to protect people who receive blood transfusions.

## Where can I get further information?

If you would like more information or advice about your blood transfusion, please speak to:

- Your doctor
- Your nurse
- Your midwife.

You can also find additional information at:
**www.mytransfusion.co.uk**
You may also download the **My Transfusion** App from the Apple App Store or Google Play Store.

## Important

Most transfusions are safe and well tolerated.
However, if you develop any unusual symptoms after your transfusion, it is important to seek medical advice promptly.

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