

Safe Blood starts with you

New Zealand has one of the safest blood supplies in the world and to keep it that way, we need your help

We value your contribution and don't want to lose you as a blood donor. We would love to get back in touch when you are next due to donate. Please check we have your correct:

- address
- telephone numbers
- email address

Or feel free to please contact us on **0800 448 325** if you have any questions or want to check when you can next donate.

***On behalf of New Zealand Blood Service,
thank you for coming in today.***

The reason for not donating today is:

We would like you to donate again after:

If you have any queries about information in this leaflet, please talk to our staff or contact your local Blood Donor Centre.

To find out where you
can donate please scan
the QR Code below



Book now



0800 448 325



nzblood.co.nz



NZBLOOD

Information for Deferred Donors

**SAVE LIVES
GIVE BLOOD**

We are so sorry that you weren't able to donate today.

Please don't take it to heart, as there are good reasons why you couldn't donate.

We invite you to have some refreshments before you go - it's the least we can do to show our appreciation and thank you for coming in!

There are 2 main reasons:

1. Your health comes first and we care about you

If donating blood could potentially cause you a health problem, then we want to make sure your health comes first and therefore decline your kind offer to donate.

2. Risks for people who need a blood transfusion

Every donation is tested for certain viral infections, however they cannot detect all the conditions that could be passed on by a blood transfusion.

The blood donation process operates under strict conditions. The objective is to protect the health of people who receive transfusions from risks that are preventable.

The guidelines for selecting donors have been developed with the best medical and scientific advice available. This ensures that New Zealand patients have one of the safest blood supplies in the world.

Some common reasons for not being able to donate:

- **Coughs, colds and stomach upsets.**

These infections can be caused by viruses or bacteria. Some can be passed on by a blood transfusion and may cause serious reactions in the patient.

- **Tattoos and body piercing**

You will need to wait 3 months before you can donate after getting a tattoo. Body piercing, unless carried out by a registered health professional, also has a 3 month stand-down period.

Many viruses, such as HIV / AIDS, Hepatitis B and C, can be transmitted by tattooing and body piercing. These viruses are a serious threat to the blood supply as they can also be passed on by blood transfusions.

- **Low haemoglobin (finger prick test)**

A low reading in the finger prick (haemoglobin) test indicates that you may be anaemic. This condition is commonly due to iron deficiency. We recommend further tests to identify the cause so that you can look after your health first.

- **Low body weight**

If you have a low body weight the amount collected may be more than your body can cope with. As we collect a fixed volume of blood in each donation we need to ensure your body can cope with the volume.

- **Travel**

Many countries have serious infections such as malaria in the tropics, and Chagas' disease in South and Central America. In some cases we will ask you to stand down for a few weeks until a specific incubation period has lapsed to ensure your blood will be safe to use.