



**CIMS**<sup>®</sup>

CARE INSTITUTE OF MEDICAL SCIENCES

Earning Trust with World-Class Practices



Joint Commission  
International



NABH



NABL  
Certificate No. MC-3849

# BLOOD DONATION

**DONATE BLOOD, SAVE LIVES**



**Donate Blood Today**

**CIMS BLOOD BANK**

**CONTACT NO.**

**079 - 3010 2355**



## Did You Know ?



450ml of blood can save as many as three lives.



Every two seconds, someone in India needs blood.



One out of every three of us will need blood in our life time.



Even with all of today's technology, there is no substitute for blood.



75% of donors donate only ONCE per year. (If they donated just two times per year, there would never be any shortages of blood)



## Blood Facts



### Body Recovers Blood Quickly



Blood plasma volume within 24 - 48 hours



Red Blood Cells in about 3 weeks



Platelets & White Blood Cells within minutes



## Blood Is Always Needed For



Accident victims



Cancer patients



Blood disorder patients



Surgery patients



Pre-mature,  
pre term babies



4.5 million Indian  
lives are saved  
by blood transfusions  
each year.

and many others.....



## CIMS Blood Bank Ensures



- >> Safety of Blood Donor and Blood Recipient (patient)
- >> "Safe Blood" gives life, "Unsafe blood" gives infections.



### CIMS Blood Bank ensures

- Strict "Donor Screening"
- "Testing" of collected blood as per WHO & NACO specified standards
- Reliable "cross-matching" of blood samples to ensure safe blood transfusion to patient



HIV 1 & HIV 2



Hepatitis B



Hepatitis C



VDRL (syphilis)



Malaria



## Procedure For Voluntary Blood Donation



- We follow strictest protocols to ensure safety of blood donor.
- Donor Eligibility Criteria :



Age: 18 - 60 years



Weight : > 45 kgs



Haemoglobin Level:  
> 12.5 gms/dl



In Good Health



## Medical Examination



Blood test for :  
Blood grouping | Hemoglobin



Pulse



Blood pressure



General physical  
examination



## Post Blood Donation



### ♦ The Donor Must

- **Rest : For 20 - 30 min**
- **Take Light Snacks & Tea / Coffee**
- **Advice :**
  - >> Drink lots of fluids for next 24 hours.
  - >> Avoid smoking for one hour & alcohol till after a meal.
  - >> Do not use elevator to go up immediately after donation, It will make blood rush to your feet make you dizzy!
  - >> Avoid highly strenuous exercises & games for a day.
  - >> If you feel dizzy, lie down & put your feet up. You will be alright in 10-20 mins; If not, then contact doctor immediately.
  - >> Remove band-aid after 4 hours. If it bleeds, apply pressure & reapply band-aid. If bruised and painful, apply cold-pack 4 to 5 times for 5 mins each. The bruise is due to blood seeping into the surrounding tissue. It will take a few days to get reabsorbed.
  - >> If you have any questions, meet your doctor or call us at **079-30102355**



## What Can You Do ?



Make Blood  
Donation  
a HABIT.



Donate Blood  
regularly  
every 3 months to  
commemorate  
special days.



Motivate  
others  
to donate.



Refer your  
friends and  
relatives.



# Every Drop Counts. Give Blood Today.



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## CIMS Hospital

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“CIMS Hospital” (India) application available



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