



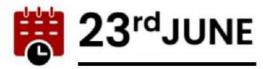


MALAD KANDIVALI EDUCATION EDUCATION SOCIETY

NAGINDAS KHANDWALA COLLEGE OF COMMERCE ARTS AND MANAGEMENT STUDIES AND SHANTABEN NAGINDAS KHANDWALA COLLEGE OF SCIENCE (EMPOWERED AUTONOMOUS)



NATIONAL SERVICE SCHEME UNIT (B-28)











At Tata Memorial Hospital, hundreds of cancer patients-including children-undergo chemotherapy, surgeries, and treatments that often leave them critically low on blood and platelets.

EVERY DROP COUNTS

WHEN YOU'RE FIGHTING FOR LIFE.



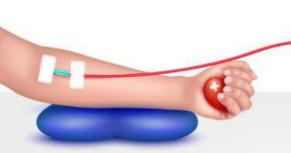


















BEFORE DONATION

DO's

- Age: 18-60 years (up to 65 if regular donor)
- Weight: Minimum 45 kg
- Hemoglobin: At least 12.5 gm/dl
- Eat a light meal within 4 hours before donation
- Sleep well for at least 6 hours before donating
- You may donate if on oral
- anti-diabetics or BP meds (if stable)

AVOID BEFORE DONATION

- No smoking within 4 hours
- No alcohol within 24 hours
- No aspirin in the last 3 days
- No antibiotics in the last 2 weeks
- No donation if on insulin
- No tattoo or piercing in past 12 months
- Don't wear tight sleeves

AFTER DONATION CARE

- Drink extra fluids (water, fruit juice) for next 48 hours
- Avoid smoking for 30 minutes
- Don't stand in direct sun too long
- No heavy exercise or gym that day
- Avoid alcohol for 24 hours
- If bleeding, raise arm & press site 3-5 mins
- Remove bandage after 5-6 hours
- Feeling dizzy? Sit or lie down, breathe slowly
- If unwell, contact the blood centre immediately.