

## Advice for patients following a blood transfusion

### Other formats

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### Advice for patients following a blood transfusion

Most blood transfusions take place without problems but having a blood transfusion carries with it a very small risk of developing side effects. These may develop within several hours, or in some cases may happen days or weeks later.

These side effects are often mild, but it is still important to report any unusual or unexpected symptoms to a doctor or nurse (or midwife if your transfusion was related to pregnancy/childbirth).

Please contact the hospital for advice if you experience any of the following after having a blood transfusion:

- A high temperature – feeling feverish, hot and clammy
- Shivering or ‘cold chills’
- Breathing problems
- Extreme tiredness
- Passing blood in your urine
- Passing much less, or very dark, urine
- Itchy skin rash
- Pain in the lower back (loin pain)
- Unexpected or unexplained bruising
- Jaundice (yellow colour of the white of your eyes or your skin)

When contacting the hospital for advice, please inform the hospital staff that you have recently had a blood transfusion.

*This section to be completed by staff on discharge. Explain to the patient how to obtain assistance in the event of a problem (both 'in hours' and 'out of hours'), and then give the leaflet to the patient before they leave the ward/clinic.*

If discharged from hospital within **24 hours**, please contact:

Ward/Department: .....

Contact telephone number(s): .....

Date and time of last transfusion: .....

Clinical Team: .....

If unable to contact the hospital or it is 24 hours or more since discharge, please contact your GP or NHS 111 (out of hours).

**In the rare event of an emergency (life threatening problems, for example difficulty with breathing), call 999 for an ambulance and bring this leaflet into hospital with you.**

If you would like further information or advice about this, or other aspects of blood transfusion, please discuss with your hospital doctor, nurse or midwife.

Please be advised that as you have received a blood transfusion, you are not currently able to donate blood.

*Acknowledgements: The Leeds Teaching Hospitals NHS Trust, Taunton & Somerset Hospital NHS Trust and NHSBT Better Blood Transfusion Team.*

## **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple

## **Have your say**

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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