

INFORMATION FOR PATIENTS/PARENTS/GUARDIANS/CARERS

Advice for patients following a blood transfusion

The aim of this leaflet is to provide advice to patients, parents/guardians, carers or relatives of patients who have had a blood transfusion whilst in hospital or as a day patient.

If you are a blood donor, please be aware that current guidelines mean you are unable to continue to donate.

How should you feel after a blood transfusion?

Most patients start to feel the benefit of the transfusion within 24 hours. Depending on the reason for the transfusion the lasting benefits will vary, and some patients may require further transfusions.

Are there any adverse effects?

Like all treatments, blood transfusions can have adverse effects. A reaction to a blood transfusion is uncommon and if it was to happen it is most likely to occur during the transfusion therefore you will be monitored before, during and after the transfusion.

Occasionally a reaction can occur after you have left hospital, several days or weeks afterwards. These are usually mild in nature, cause very few problems and do not affect everyone.

What symptoms could you experience?

- Shivering or cold chills.

- A high temperature (especially above 38.5°C).
- Breathing problems.
- Blood in your urine.
- Itchy skin rash or what appears to look like a nettle rash.
- Jaundice (yellow colour of the white of the eye).
- Passing much less, or very dark urine.

What should you do?

It is important that possible transfusion reactions are reported so they can be treated appropriately and quickly if necessary.

If you feel unwell in the 24 hours following your transfusion, contact your GP or 111.

If you experience any of the symptoms listed, please attend your nearest Emergency Department and inform them when you had a transfusion. Take this leaflet with you.

In the rare event of an emergency (i.e. a life-threatening problem, for example difficulty with breathing), call 999 for an ambulance.

If you would like to have further information about your transfusion, please feel free to ask to speak to a doctor or nurse or midwife before you go home.

Section to be completed on discharge by hospital staff:

Please affix patient label or complete detail:

Full name:

Hospital number:

NHS number:

DOB:

Hospital site:

Ward/department:

Date of transfusion:

Site of cannula:

Any adverse effects during the transfusion?

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Any medication given/ changes?

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Name of staff member:

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Designation:

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Further sources of information:

- NHS Choices
<https://www.nhs.uk/conditions/blood-transfusion/>
- [Patient services - Hospitals and Science - NHSBT \(blood.co.uk\)](#)

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you need this information in an alternative format, for example large print or easy to read, or if you need help communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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