

INFORMATION FOR PATIENTS

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.

How should you feel after a blood transfusion? Are there any side effects?

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 side effects?

Like all treatments, blood transfusions can have side effects. Most occur during the transfusion this is why the nurse monitors your vital signs regularly and checks for any symptoms whilst the blood is being transfused.

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?

- A high temperature (especially above 38.5°C)
- Shivering or cold chills
- Breathing problems
- Blood in your urine
- Itchy skin rash or '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 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.

If you would like to have further information or advice about this, or other aspects of blood transfusion, please feel free to discuss this with your doctor or nurse 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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Additional information

As a precautionary measure to reduce the risk of transmitting CJD (Creutzfeldt-Jakob disease – a rare and fatal condition that affects the brain) people that have had a blood transfusion can no longer be a blood donor.

Further sources of information

NHS Choices:

<https://www.nhs.uk/conditions/blood-transfusion/>

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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