

## Patient information factsheet

# Advice for patients following a blood transfusion as an outpatient

Affix patient label here or record  Name: .....  Surname: .....  Hospital No: .....  NHS No: .....  D.O.B: ..... Gender: .....	Ward: .....  Consultant: .....
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**While under our care you have had a blood transfusion. A blood transfusion involves taking blood from one person – a donor – and giving it to someone else.**

This leaflet provides important information about your blood transfusion and details of who to contact if you have any concerns. Please read it carefully and keep it in a safe place in case you need to refer to it later.

### Transfusion reactions and side effects

Most blood transfusions take place without problems but there can sometimes be a very small risk of having a reaction or developing side effects. These may develop within several hours, or in some cases days or weeks later.

Any reaction or 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 (see numbers over the page) 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 (yellowing of the whites of your eyes or your skin)

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## Details of your transfusion and contact details

(Section to be completed by staff on discharge). Explain to the patient how to obtain assistance in the event of a problem, in hours and out of hours, and give the factsheet to the patient before they leave the ward/clinic.

Ward/department: .....

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

Contact telephone number(s) out of hours: .....

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

	Component transfused	No of units transfused
Red cells		
Platelets		
Fresh frozen plasma		
Octaplas		

## Who to contact if you have any concerns

You can get in touch with us using the telephone numbers above.

If you are unable to get in contact with the hospital where you had your transfusion, please contact your GP as soon as possible.

In the event of an emergency (for example difficulty with breathing) call 999 for an ambulance and bring this factsheet into hospital with you.

If you would like further information about anything covered in this factsheet, or have any questions about your blood transfusion, please speak to your hospital doctor, nurse or midwife.

**For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone 023 8120 4688.**

**For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [www.uhs.nhs.uk/additionalneeds](http://www.uhs.nhs.uk/additionalneeds)**