

# **Blood Transfusion**

## Information for patients following a blood transfusion

Having a blood transfusion is acknowledged as being a very safe procedure however; there is 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 happen rarely, are usually mild in nature and cause very few problems but it is important that you report any unusual or unexpected symptoms to your doctor or nurse (or midwife if your transfusion was related to pregnancy/childbirth).

Please seek Medical advice if you experience any of the following within 48 hours of having a blood transfusion:

- A high temperature – feeling feverish, hot and clammy
- Shivering or cold chills (rigors)
- Breathing problems or wheeziness
- Itchy skin rash or nettle rash (hives/Urticaria)
- Feeling sick or vomiting
- Swelling of any part of the body and especially around the mouth, lips and face
- Pain in limbs, chest or tummy, or in the lower back (loin pain)

**Or any of these symptoms up to four weeks after receiving a transfusion:**

- Extreme tiredness or generally feeling unwell
- Blood in the urine; or passing much less, or very dark urine
- Jaundice (yellow colour of the whites of your eyes)
- Unexpected or unexplained bruising

If you experience any of these symptoms, please seek medical advice either through your GP or ring for advice from your hospital team:

Contact number: .....

Tell them your symptoms and inform them that you have recently had a blood/platelet transfusion and you are contacting them because of the advice in this leaflet.

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.

**Details**

Delete as appropriate\*

Blood Transfusion Date\*

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Platelet Infusion Date\*

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

As stated, reactions are rare but it is important that possible transfusion reactions are reported so they can be treated appropriately and quickly if necessary.

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

## Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Tina Ivel, Blood Transfusion Practitioner, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725830.

## Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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