



الأسئلة الأكثر تكراراً Frequently Asked Questions

Dubai Blood Donation Center

Timings and location:

Location for Blood donation services:

Dubai Health Authority Headquarter, Sheikh Ahmed Square, Oud Metha Road, Al Jaddaf, Next to Enoc Petrol Station. <https://goo.gl/maps/DedG8SkexJSSsxKr6>

Working Hours:

Whole blood donation and Therapeutic Phlebotomy: Monday to Friday 7:00 AM to 8:30 PM

Platelet apheresis, DRBC Apheresis: by appointment Monday to Thursday 7.00 AM to 2.00 PM and Friday 7.30 AM to 12.30 PM

Donor Counselling: Monday to Thursday 7.30 AM to 2.30 PM and Friday 7.30 AM to 12.30 PM

Contacts:

E-Mail: dbdc@dha.gov.ae

Telephone: 800342

Website: <https://www.dha.gov.ae/en/SpecialtyCentres/DubaiBloodDonationCenter/Pages/About.aspx>

STEPS TO USE DHA APP IN DONATING BLOOD

Steps to fill the donor questionnaire in the DHA app

1. Download DHA App
2. Click on Dammi- Blood donation
3. Click on Make a blood donation
4. Enter your mobile number in the concerned column
5. Answer the questions
6. Submit
7. Take Screenshot of the QR code
8. Present the QR code and Emirates ID in the registration desk where you go to donate blood.

REGISTER IN DHA APP FOR VOLUNTEER DURING EMERGENCIES

STEPS TO REGISTER IN DHA APP FOR VOLUNTEER DURING EMERGENCIES

1. Download DHA App
2. Click on Dammi- Blood donation
3. Click on Contact me for emergencies
4. Enter your name , mobile number and blood group
5. Submit
6. Staff will call you whenever there is a need of your blood type.

ELIGIBILITY CRITERIA

- Blood donor should be a resident of the U.A.E. Please bring your Emirates id/ GCC id.
- Good general health condition at the time of blood donation. Acceptable range are as follows:
- Age: 18 - 65 kg. A person between 17 to 18 years age can donate with Parental Consent
- Weight \geq 50 Kg. The minimum weight of donors between 18 to 21 years age must be 55 kg.
- Hemoglobin: Males- 13.0 g/dl to 18 g/dl; Females- 12.5 g/dl to 16.5 g/dl.
- Systolic BP: 90-180 mm Hg, Diastolic BP: 50-100, .
- Pulse rate: 50-100 pulse/minute and body temperature \leq 37.5° C.
- Pregnant and lactating women cannot donate blood.
- Donors having travel history to be deferred for 7 days after arrival in UAE. Donors with travel history to malaria endemic countries are deferred for one month.
- Donors who have taken vaccine for covid 19 will be accepted.
- Donors may be deferred on the basis of history of diseases, cosmetic procedures, intake of medicines and clinical signs and symptoms.

Post Donation Instructions

- Dear Generous Donor, kindly follow the below instructions after Blood Donation for Your Own safety
- Eat and drink something healthy before leaving your place of donation.
- Drink extra fluids on the day of and the day after your donation.
- Do not lift heavy objects and avoid strenuous exercise such as tennis, swimming, golf, jogging, etc. during the next 24 hours.
- Do not smoke for an hour after donation.
- Leave your bandage on 3-4 hours
- If you see any new bleeding, raise your arm above your head and apply pressure until the bleeding stops
- If you feel faint, dizzy, or lightheaded, sit or laydown until the feeling passes.
- If you experience any bruising of your arm at the donation site, apply ice in a cloth to the area for 15-20 minutes 3-4 times a day for the first day, second day apply warm cloth for 15-20 minutes 3-4 times a day, a rainbow of colors may see for about 10 days.
- It is advisable to take iron supplements to replenish the iron lost in your donations, as advised by our

medical team.

- You can donate whole blood every 2 months, platelet apheresis every 2 weeks, double red cells every 4 months if you meet the eligibility criteria's.
- CONTACT OUR CENTER 800342 IF
- You test positive for COVID 19 or experience signs and symptoms suggestive of COVID 19 within 5 days of your donation.
- After leaving the blood donor clinic you faint or get a large bruise
- After giving blood you decide your blood should not be used.
- You have a test within the next 12 months that shows you have hepatitis or HIV.