



FREQUENTLY ASKED QUESTIONS ON BLOOD DONATION UMMC

BLOOD DONOR ELIGIBILITY CRITERIA

You can donate blood if:-

1. Well and healthy
2. Age:
 1. First time donor: 18-60 years old
 2. Regular donor: 18-65 years old
 3. Prospective donor aged 17 years old must provide written consent from his or her parents / guardian
3. Weight : 45kg and above
4. Had minimum of 5 hours sleep
5. Had a meal before blood donation
6. No medical illness
7. Not involved in any high risk activities such as :-
 1. Same gender sex (homosexual)
 2. Bisexual
 3. Had sex with commercial sex worker
 4. Change in sexual partner
 5. Took intravenous drug
 6. A sexual partner of any of the above
8. Last whole blood donation was 3 months ago
9. For female donors : not pregnant, last menstrual period was more than 3 days ago, and not breastfeeding
10. Do not donate blood if you had:
 1. Stayed in **United Kindom** (England, Northern, Ireland, Scotlaand, Wales, Isle of Man atau Channel Island) atau Republik Ireland from **year 1980 until 1996** for **period of 6 months or more.**
 2. Stayed in Europe from **year 1980 until now**, for a **period of 5 years or more.**



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11. Bring along the **ORIGINAL** document below :-

MALAYSIAN	NON MALAYSIAN
Identification card (mykad)/ army / police id	Passport and stayed in malaysia for more than 1 year
Driving license	Work permit identification with passport number and photo
Work permit identification with passport number and photo	Student identification with passport number and photo
Student identification with passport number and photo	Able to read and understand donor registration form in english/ malay/ chinese/ tamil



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BLOOD DONATION BENEFITS

- Promotion of healthy life style among blood donor
- Empowerment to help others and promote a sense of community building
- Improve mental health
- Donor are more aware of his/her own health status
- Basic health assessment (Blood Pressure, Body Temperature, Haemoglobin level) and blood testing done in each blood donation

Reference:

1. Van den Hurk K, Zalpuri S, Prinsze FJ, Merz EM, de Kort WLAM. Associations of health status with subsequent blood donor behavior-An alternative perspective on the Healthy Donor Effect from Donor InSight. *PLoS One*. 2017;12(10):e0186662. Published 2017 Oct 19. doi:10.1371/journal.pone.0186662
2. Wang L, Shi H, Zhu Y, et al. Blood donation and health status based on SF-36: The mediating effect of cognition in blood donation. *PLoS One*. 2019;14(10):e0223657. Published 2019 Oct 22. doi:10.1371/journal.pone.0223657
3. Hinrichs, A., Picker, S.M., Schneider, A., Lefering, R., Neugebauer, E., & Gathof, B.S. (2008). Effect of blood donation on well-being of blood donors. *Transfusion medicine*, 18 1, 40-8 .



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BLOOD DONOR PRIVILEGE

Malaysian blood donors who have donated blood in Department of Transfusion Medicine University Malaya Medical Centre are entitled to get free treatment as in the following table:-

Schedule of Benefits of Blood Donor Treatment at Health Facility (Hospitals, Institutions and Health Clinics), Ministry of Health Malaysia in accordance with KPK Circular Letter 5/2005 dated 20 July 2005.

Donation Frequency	Blood Donor Privilege
1 time	Free outpatient treatment and medical treatment (excluding X-ray and surgical charges) and second class wards for a period of * 4 months.
2 times (within 12 months)	Free Hepatitis B preventive injection
2 ~ 5 times	Free outpatient treatment and medical treatment and second class wards for a period of * 4 months.
6 ~ 10 times	Free * 1 year outpatient treatment and second class medical treatment for a * 6 month period.
11 ~ 15 times	Free * 2 year outpatient treatment and medical treatment and second class wards for a * 1 year period.
16 ~ 20 times	Free outpatient treatment and medical treatment and second class wards for a * 2 year period.
21 ~ 30 times	Free outpatient treatment and medical treatment and second class wards for a period of * 3 years.



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31 ~ 40 times	Free outpatient treatment and medical treatment and first class wards for a period of * 4 years.
41 ~ 50 times	Free outpatient treatment and medical treatment and first class wards for a period of * 6 years.
Over 50 times (for "Whole Blood") and Over 150 times (for aferesis donors)	Free outpatient treatment and first-class medical treatment and wards for 10 years and second-class wards of life after 10 years in first-class ward.

* The specified period of privilege is valid from the date of the last donation. The donor should show the certificate book (red book) to the hospital before qualifying for the privilege as in the above table. Ward facilities are dependent on current conditions. If the ward specified in the table is full, then the donor will be placed in the other appropriate ward. This specialty can only be used by blood donors only. Regular resident blood donors are eligible to use this privilege.

Hepatitis B Vaccination Clinic for Department of Transfusion Medicine University Malaya Medical Centre falls on every Tuesday and Thursday 1400-1600.



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OPERATION HOURS AND CONTACT US:

OPERATION HOUR :

MONDAY - FRIDAY : 0800 - 1630

SATURDAY (FIRST SATURDAY OF THE MONTH) : 0800 - 1230

ADDRESS :

DEPARTMENT OF TRANSFUSION MEDICINE, MAIN BLOCK, UNIVERSITY MALAYA
MEDICAL CENTRE

TELEPHONE:

03-79492706 / 03-79492039