

## Advice for patients receiving a blood transfusion

### Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Most blood transfusions take place without problems but having a blood transfusion carries with it 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 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 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 (yellow colour of the white of your eyes or your skin).

When contacting the hospital for advice, please inform the hospital staff that you have recently had a blood transfusion.

*This section to be completed by staff on discharge. Explain to the patient how to obtain assistance in the event of a problem (both 'in hours' and 'out of hours'), and then give the leaflet to the patient before they leave the ward/clinic.*

If discharged from hospital within **24 hours**, please contact:

Ward/Department: .....

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

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

Clinical Team: .....

If unable to contact the hospital or it is 24 hours or more since discharge, please contact your GP or NHS 111 (out of hours).

**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.**

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

Please be advised that as you have received a blood transfusion, you are not able to donate blood.

## Your notes

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## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- [rduh.pals@nhs.net](mailto:rduh.pals@nhs.net)

## Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at [www.careopinion.org.uk](http://www.careopinion.org.uk) or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

Royal Devon University Healthcare NHS Foundation Trust  
[www.royaldevon.nhs.uk](http://www.royaldevon.nhs.uk)

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The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon sites or in community settings.

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[www.royaldevon.nhs.uk/get-in-touch](http://www.royaldevon.nhs.uk/get-in-touch)