

Patient Information

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Advice for patients being discharged from hospital after receiving a blood transfusion

This information can be provided in a different language or format (e.g. large print or audio version) on request.

This is a smokefree Trust. Smoking is not allowed in any of our hospital buildings or grounds.

The Trust will not tolerate aggression, intimidation or violence

Most blood transfusions take place without problems, however 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 seek medical advice if you experience any of the following after having a blood transfusion:

- A high temperature – feeling feverish, hot and clammy or shivering and chills
- Flu-like symptoms
- Breathing problems or wheeziness
- Feeling sick or vomiting
- Swelling of any part of the body and especially around the face, mouth, lips and tongue
- Extreme tiredness or generally feeling unwell
- Passing blood in your urine; or passing much less, or very dark, urine
- Itchy skin rash or tingling skin
- Pain in the limbs, chest, abdomen or in the lower back
- Unexpected or unexplained bruising
- Jaundice (yellow colour of the white of your eyes or your skin)

If you have left hospital within the last 24 hours please contact the ward on the details overleaf. Otherwise, please contact your GP for advice or call NHS 111.

Please make sure that a member of staff has completed the information overleaf before you leave hospital.

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Nethermayne
Basildon
Essex SS16 5NL
☎ 01268 524900

Minicom
☎ 01268 593190

Patient Advice and
Liaison Service (PALS)
☎ 01268 394440
E pals@btuh.nhs.uk

In the rare event of an urgent life-threatening problem, for example difficulty with breathing, chest pain, severe headache, call 999 for an ambulance and bring this leaflet into hospital with you.

You must inform the health care professional or ambulance crew that you have recently had a blood transfusion, and that you are contacting them because of the advice given in this leaflet.

If you are unable to make contact with the GP and NHS 111 then please go to your local hospital A&E department.

Full name:

Date of birth:

Hospital number:

Contact telephone number(s) for the next 24 hours following your discharge

Ward/department:

Daytime: Night time/weekends:

Date and time of last transfusion: