

Advice for patients who have received a blood transfusion

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)

This leaflet will cover:

- What to watch out for after a blood transfusion
- When and how to seek help
- Emergency contacts and useful advice

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 (especially above 38.5 degrees)
- Shivering or 'cold chills'
- Breathing problems/difficulties (i.e. Shortness of breath)
- 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 transfusion.

How is a Transfusion Reaction treated?

Most symptoms are mild and can be treated with simple medications like paracetamol or allergy tablets. More serious reactions may need treatment in hospital; however, this is rare.

Emergency Contact telephone numbers 24 hrs

Liverpool Women's Hospital **0151 708 9988**

Gynaecology ward Ext **1180**

Maternity Triage **0151 702 4413**

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

Please be advised that as you have received a blood transfusion, you are not currently able to DONATE blood!

Further information

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

This leaflet is also available on the LWH web page:

<https://www.liverpoolwomens.nhs.uk/patients/patient-information-leaflets/>

NHSBT Leaflets available at:

<https://hospital.blood.co.uk/patient-services/patient-blood-management/patient-information-leaflets/>

Receiving a blood transfusion:

<https://nhsbt.dbe.blob.core.windows.net/umbraco-assets-corp/33449/30874-0243-transfusion-booklet-v5.pdf>

Unexpected blood transfusion:

<https://hospital.blood.co.uk/patient-services/patient-blood-management/patient-information-leaflets/unexpected-blood-transfusion/>

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