REGULAR DONORS NEEDED

Changes in minimum Haemoglobin Levels for Donors

From 30th September 2013, IBTS is introducing EU regulations that require donors to have higher Haemoglobin levels before they can give blood (i.e.) 12.5g/dl for women and 13.5 g/dl for men.

For donors whose levels do not reach the minimum requirement, we plan to help them manage their attendance frequency at clinics. By reducing the number of times these donors give blood, we hope to increase their Haemoglobin levels over the longer term and thus their chances of giving blood successfully when called up for clinics.

We estimate these new levels will mean 10% of all of our current donors will be ineligible to donate today. That means we need to replace 1,000 donations per month.

Overleaf, we outline ways you can help us
If your Haemoglobin results are consistently above the required level, when tested in clinic, please consider giving blood more regularly than you currently do.

Presently, on average, blood donors give blood 1 or 2 times a year, but if your Haemoglobin levels are regularly above the required level, you may be able to donate up to 3 or 4 times a year.

If your Haemoglobin levels are below the required level, and you are unable to donate this time, we appreciate this can be a very disappointing experience.

A member of staff will advise you of the next steps to take. But please ensure you take home one of our "Haemoglobin & Iron Frequently Asked Questions" leaflets, available on clinic, which gives you plenty of information and advice on managing your Haemoglobin and iron levels, and hopefully, we will have you back donating again soon.

Either way, please ask others you know, for example, family, friends and work colleagues to consider becoming blood donors.

Thank you, once again, for your help. For more information visit our website at: giveblood.ie