

# Advice for patients who have been discharged from the Assessment and Rehabilitation Centre (ARC) following a blood transfusion

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## Why have you been given this information?

Most blood transfusions take place without problems but having a blood transfusion carries with it a very small risk of developing side effects. Most reactions occur within 24 hours of the transfusion but, can very occasionally, develop up to 14 days later. It is important that you are aware of these signs and symptoms so you can seek appropriate assessment and treatment.

## What are the signs and symptoms?

- A high temperature (feeling hot and clammy or shivering and experiencing chills)
- Breathing problems
- Itchy skin rash
- Nausea or vomiting
- Passing blood in your urine or passing much less, very dark urine
- Pain in your lower back
- Yellow discoloration of the skin or eyes
- Unexpected or unexplained bruising
- Extreme tiredness
- Swelling.

## What action should you take?

Please contact the Assessment and Rehabilitation Centre between the hours of 08:45-16:15 Monday to Friday (except public holidays) on 0131 465 9151.

If you are unable to make contact with the Assessment and Rehabilitation Centre, please contact your GP or NHS 111.

If in the rare event of an emergency (life threatening symptoms, for example difficulty with your breathing or chest pain) call 999 for an ambulance and bring your leaflet into hospital with you.

Please affix patient label or complete details

Full Name:

CHI:

DOB:

Western General Hospital

Assessment and Rehabilitation Centre

Date of Transfusion:

Site of cannula:

Any adverse effects during the transfusion?

Any medication given/changes?

Name of staff member:

Designation:

