



DONOR CENTER AT BORY HOSPITAL

You can donate blood, plasma, and platelets at the Donor Center at Bory Hospital on working days.

Our mobile donation team can also come to your place, or we can organize a group donation at our center even outside of regular hours.

DONATION DAYS

Monday – Friday: 8:00 AM – 1:00 PM

BOOK AN APPOINTMENT

- 📍 Online at the Donor Center website:
www.rezervacie.darcovskecentrum.sk
- 📞 By phone at: 02/59 777 150
- ✉ By email at: transfuzka.bory@pentahospitals.com

RESERVATION SYSTEM



AT THE DONOR CENTER AT BORY HOSPITAL, YOU CAN:



Donate blood



Donate plasma



Donate platelets



Get information
about bone
marrow donation

WHO IS A SUITABLE DONOR

Thank you for deciding to donate blood or its components (plasma, platelets).

A suitable Donor is anyone who meets the following criteria:

- ◊ You feel healthy and weigh at least 50 kg.
- ◊ Age between 18 and 65 years.
- ◊ Overall good health.

YOU CAN BE A DONOR IF YOU DID NOT:

- ◊ Undergo surgery, arthroscopy, injury, or fracture within the past 6 months
- ◊ Use antibiotics within last 4 weeks.
- ◊ Have a diarrhea within last 2 weeks.
- ◊ Have a dental treatment within last 1 week. I.e. drilling, tooth extraction, etc.).
- ◊ Have a menstrual bleed on the day of donation (+/- 3 days) and you are not pregnant.
- ◊ Give birth to the child or have a termination of pregnancy during last year, or if you are not currently breastfeeding.
- ◊ Have an acute stage of herpes infection.
- ◊ Have an oncological disease.
- ◊ Undergo an acupuncture in the past 6 months.
- ◊ Have a sexual partner(s) with below mentioned infectious diseases in the past year.
- ◊ Have hemophilia or other blood disorders.

AS A DONOR, YOU SHOULD NOT HAVE:

- ◊ A tattoo less than 6 months old.
- ◊ Piercing, including ear or other body piercings.
- ◊ A bruise from an injury (criterion for apheresis donation).
- ◊ Allergic reactions.
- ◊ Transfusion of blood or its components in the past year.
- ◊ Endoscopic examination in past 6 months.
- ◊ Infectious hepatitis types B and C, syphilis, or be an HIV carrier.*

*If you had had infectious hepatitis type A (e.g., during childhood), you may be eligible to donate blood after a certain time interval.

Do you have doubts or questions about blood and its components donation? Feel free to contact us by phone at +421 2/59 777 150 or with an email transfuzka.bory@pentahospitals.com
We would be happy to answer any of your questions.

HOW TO PREPARE FOR DONATION?

- ◊ Do not donate blood or its components on an empty stomach.
- ◊ Avoid consuming fatty meal before donation.
- ◊ We recommend a light breakfast (non-fatty pastries, bread, honey, fruit, vegetables).
- ◊ Stay well-hydrated.
- ◊ Get enough sleep before the day you donate.
- ◊ Do not come for donation after heavy physical exertion. Avoid alcohol and smoking before donation.

We advise Donors not to donate blood or its components after a night shift or intense physical activity. Please adhere to the recommended dietary and hydration regimen before donation.

DIET AND HYDRATION FOR BLOOD AND PLASMA DONORS

Prior to the donation, we recommend to drink a minimum of two to three liters of water. During warm months, even three to four liters of water. The later in the day your blood or plasma donation is scheduled, the more water you should drink before it.

RECOMMENDED FOODS AND DRINKS

- ◊ **Fruits and Vegetables:** Fresh, frozen, dried
- ◊ **Side Dishes:** Rice, pasta, and potatoes
- ◊ **Meat:** Chicken, turkey, lean beef, rabbit, young lamb, grilled fish or fish prepared by steaming
- ◊ **Bakery Products:** Bread (white and whole grain), rolls, baguettes, rice cakes, oatmeal, muesli products, oatmeal porridge, low-egg pasta
- ◊ **Sweets:** Jam, marmalade, honey
- ◊ **Dairy Products:** Acidophilus milk, kefir, yogurt, low-fat cottage cheese, skimmed milk, skimmed yogurt
- ◊ **Legumes:** Peas, lentils, beans, corn
- ◊ **Soups:** Low-fat broth, vegetable soups
- ◊ **Beverages:** Water (carbonated or still), low-calorie drinks, fruit juices, fruit teas

BLOOD AND BLOOD COMPONENTS DONATION PROCESS



10 minutes

Completing the Donor Questionnaire for blood, plasma, and blood cells



5 minutes

Registering the Donor in the system



5 minutes

Blood sample collection for blood count (hemoglobin) and eventual preliminary blood group testing



10 minutes

Medical examination by the physician or nurse



7 to 10 minutes: Actual blood donation; plasma donation takes about 45 minutes



Optional: Refreshments for Donors at our Donation Center for free



Scheduling: Making an appointment for the next donation



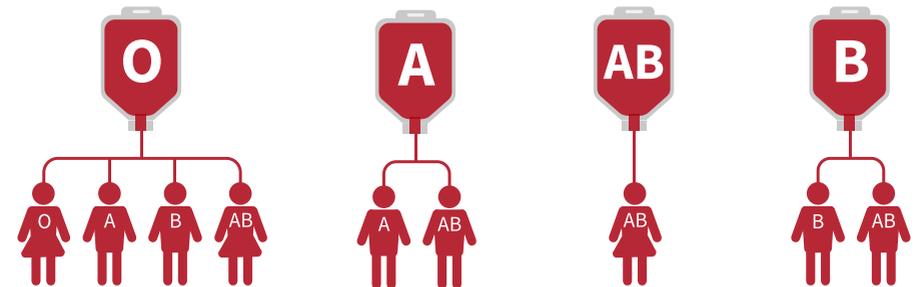
BLOOD DONATION

Thank you very much for saving lives with us! There is no artificial substitute for blood; **YOU** are its **ONLY** source.

HOW OFTEN CAN YOU DONATE BLOOD

Men can donate blood every three months. Women every four months.

BLOOD COMPATIBILITY



GROUP BLOOD DONATION

Would you like to donate blood as a group or team of colleagues? We would be happy to help you organize your Donation Day at our Donation Center. A group of 5 to 35 people can come for a donation on a pre-arranged date. We can accommodate your preferred date.

Please let us know by phone at 02/59 777 150 or by email at transfuzka.bory@pentahospitals.com.

THANK YOU. Your Blood helps. Your Blood saves lives.



DONATING BLOOD COMPONENTS: PLASMA AND PLATELETS

At the new Donation Center of Bory Hospital, you will be able to donate individual blood components thanks to a special machine that processes the collected blood. During plasma donation, the most modern separator returns red blood cells and platelets back into the Donor's circulation, while only plasma is collected in a special bag.

Similarly, during platelet donation, blood plasma, along with red blood cells, is returned to the Donor's body, while platelets are collected in the donation bag.

Plasma is an irreplaceable substance for modern medicine, especially for the production of life-saving medications. There are no manufacturers of plasma-derived medications in Slovakia but your plasma donation will be used to help patients in need directly or will be offered to our partner companies abroad for further safe processing.

Thanks to your plasma or platelets, it will be possible to produce medications or blood products, that can help, for example:

- ◊ Women after a difficult childbirth,
- ◊ Cancer patients,
- ◊ Burn victims,
- ◊ Patients after car accidents,
- ◊ Patients with blood clotting disorders.

HOW OFTEN CAN YOU DONATE PLASMA?

You can donate plasma every 14 days. If you have recently donated the whole blood, you may donate plasma only after one month from the blood donation. However, you can donate whole blood again 14 days after a plasma donation. Plasma replenishes itself in the human body within 48 hours.

The actual donation process takes about 45 minutes, and the volume of plasma collected depends on the donor's weight, ranging from 650 to 700 ml. The amount of plasma collected is compensated with 500 ml of saline solution.

WHEN IS A PLASMA DONATION CONSIDERED SUCCESSFUL?

A donation is considered successful if:

- ◊ The planned amount was collected (or at least 200 ml in case of any health or technical related issues during the collection)
- ◊ Laboratory results meet the required standards.
- ◊ The color of the plasma meets the required standards:
 - It should not be red (hemolytic).
 - It should not be bright yellow (icteric).
 - It should not be chylous, meaning it should not have an elevated amount of fat (macroscopically cloudy due to the presence of fat).

THANK YOU. Your plasma has the power to heal!



NUTRITION AND HYDRATION GUIDELINES

FOR BLOOD AND PLASMA DONORS

1

One day before donation:



Drink 2 to 3 liters of water.

2

On the day of donation



Have a light breakfast.
Do not donate on an empty stomach.

3

After Plasma donation



Replenish protein, for example with a good portion of meat.

PRIOR TO THE DONATION:

We recommend to drink minimum of two to three liters of recommended beverages before donating plasma. During hot months, aim for 3 to 4 liters.

The later your plasma donation is scheduled in the day, the more water you should drink.

RECOMMENDED FOOD AND BEVERAGES

Fruits and Vegetables	Fresh, frozen, dried
Sides	Rice, pasta, potatoes
Meat	Chicken, turkey, lean beef, rabbit, young lamb, grilled or steamed fish
Bread	White and whole-grain bread, rolls, rice cakes, oatmeal, muesli products, oatmeal porridge, low-egg pasta
Sweets	Jam, marmalade, honey
Dairy Products	Acidophilus milk, kefir, buttermilk, low-fat cottage cheese, skimmed milk, skimmed yogurt
Legumes	Peas, lentils, beans, corn
Soups	Lean broth, vegetable soups
Beverages	Water (sparkling and still), low-calorie drinks, fruit juices, fruit teas

HYDRATION GUIDELINES PRIOR TO THE DONATION:

Drink at least 2 liters of fluids before your donation.



FOOD AND BEVERAGES TO AVOID

Fruit and Vegetables	Compotes, fries, salted vegetable cans, vegetable cans with oil-based dressing
Sides	Sauces, dressings, cream-based dressings, mayonnaise with high fat content
Meat	Fried and fatty meats
Bread	Croissants and rolls with melted cheese and bacon, oil-rich cakes, doughnuts
Sweets	Creamy ice creams, puddings
Dairy Products	Whole milk, dried and condensed milk, cream, whipped cream, creamy yogurts, cheeses with high fat content (over 40%)
Nuts	Salted nuts, cashews, Brazil nuts
Soups	Thickened with cream
Beverages	Alcoholic drinks, caffeinated drinks, calorie-rich beverages, Turkish coffee, and energy drinks

EAT A BALANCED DIET

**DO NOT DONATE ON
AN EMPTY STOMACH**



AFTER PLASMA DONATION, IT IS RECOMMENDED TO REPLENISH PROTEIN:

Meat	Fatty meats, fried meats, bacon, cured meats, pâtés, sausages, hot dogs, etc. Steamed ham (e.g., chicken or turkey) is acceptable in small amounts (approx. up to 100 g).
Dairy Products	Cheeses, including processed cheeses, curds, cream, cream-based yogurts, and anything with a high fat content.
Certain Potato Products	Potato pancakes, fries, potato chips, fried potatoes, potato salad, and other similar dishes.
Egg Dishes	Whole eggs (hard-boiled, soft-boiled), scrambled eggs, fried eggs, eggs cooked with bacon
Soups and Sauces	Fatty broths, stews, thick soups (lentil, potato, tomato, etc.), creamy soups, cheese sauces, butter sauces, and thickened sauces (e.g., beef stroganoff, dill sauce, tomato sauce) and dressings (especially those containing mayonnaise, such as Russian, Parisian, potato salad dressings).
Salads	Salads containing mayonnaise, such as Russian salad, Parisian salad, and potato salad.
Fatty Fish	Salmon, tuna, sardines in oil, etc.
Sweets	Cakes, pastries, pancakes, doughnuts, croissants, pies, chocolate, cookies, etc.
Drinks	Coffee, black tea, green tea, white tea, and other beverages with high caffeine or theine content.

RECEPCIA V DARCOVSKÉ CENTRUM



FIND US AT THE BLOOD DONATION CENTER AT BORY HOSPITAL

It is very important to us that you feel comfortable and safe at the **Blood Donation Center at Bory Hospital**. Therefore, we offer not only a modern and comfortable environment but also a professional team, advanced equipment, and a strict control system.

Our goal is to provide the highest quality of collected blood and its components, focusing on the effective use of this precious fluid for patients and ensuring sufficient supplies of transfusion products.

We rely on you, our Blood and Plasma Donors, and your willingness to help. Thank you for your valuable contribution.