

STAY ALERT

If you show pain behind the eyes, headache, diarrhea, vomiting, dizziness, fever, joint pain, or muscle pain (myalgia) up to 15 days after the donation, contact us through doador.hemoce.ce.gov.br

These symptoms are often associated with infectious diseases and you should report them so we can assess the need to block the donated blood for the safety of patients who will receive transfusions.

Where to find Hemoce units in Ceará:

In Fortaleza

- Hemoce Fortaleza

Av. José Bastos, 3390 - Rodolfo Teófilo:
(85) 3101.2305 / (85) 9 9681.7597 (WhatsApp)

- Hemoce IJF

Rua Barão do Rio Branco, 1816, Centro:
(85) 3101.5293 / (85) 9 99142.5352 (WhatsApp)

- Hemoce Praça das Flores

Av. Desembargador Moreira, s/n
(85) 3101.2305 / (85) 9 99706.0585 (WhatsApp)

Other Regions:

- Hemoce Crato: (88) 3102.1261 / (88) 3102.1260 (WhatsApp)

- Hemoce Iguatu: (88) 3581.9408 (Phone and WhatsApp)

- Hemoce Juazeiro do Norte: (88) 3102.1169 (88) 3102.1170 (WhatsApp)

- Hemoce Quixadá: (88) 3445.1009 / (88) 9 8184.1564 (WhatsApp)

- Hemoce Sobral: (88) 3677.4623 / (88) 3677.1512 (WhatsApp)

THANK YOU FOR DONATING BLOOD

YOU´RE WELCOME BACK ANYTIME

PLEASE, PAY ATTENTION TO SOME PRECAUTIONS NEEDED AFTER YOUR DONATION:

- Stay put for 15 minutes;
- Avoid smoking for 1 hour;
- Do not consume alcohol for 12 hours;
- Increase your fluids intake for 24 hours;
- Avoid intense physical efforts for 12 hours, especially with the donating arm;
- Avoid risky activities (like handling cutting or heavy machinery, working on scaffoldings or at great heights, driving public vehicles or motorcycles) for at least 12 hours.



Access the donor website
by the QR Code on the side

Let's talk about iron deficiency :

Iron deficiency can be caused by several factors, such as parasitic infections, irregular menstrual cycles and, in some cases, bleeding from the gastrointestinal tract. Blood donation can accentuate iron deficiency, but, if the recommended minimum time between donations is respected, this risk is reduced.

Before donating, all volunteers undergo an assessment of their hemoglobin level, which must be above 12.5 g/dL for women and 13 g/dL for men on the day of the donation. This test checks for anemia, but is not able to check the body's iron reserves. Low iron reserve in the body depends on the volunteer's health conditions and, in some cases, may be related to the amount of donations made. For this reason, Hemoce highlights that the minimum time between donations must be respected.



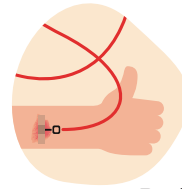
Tips to improve your iron reserve

There's several foods that are rich in iron and should be part of the diet of blood donors. The best sources of iron are those of animal origin, such as liver, red meat, fish, chicken and pork, due to the better absorption of the iron present in these foods by the body. Other sources of this nutrient are **beans, chickpeas, broad beans, lentils, peas, broccoli, spinach, kale, watercress, arugula, mustard, cashews, hazelnuts, almonds, pistachios, pumpkin seeds, sesame, sunflower, linseed, sage, mint, parsley, coriander and curry.**

Consuming foods rich in vitamin C can help increase iron absorption by the body. Orange, lemon and acerola are fruits with a high content of this vitamin and should be consumed along with the foods described above.

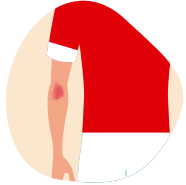


Post Donation Care: What you should do if you´re experience.



Hematoma or purplish spot at the needle puncture wound.
Apply ice packs on the spot for the first 12 to 24 hours.

Redness and pain at the puncture wound (PHLEBITIS).
Apply warm compresses on the arm and look for the Hemoce Collection Service



Been feeling nauseated or fainting
Sit down and put your head below your knees or lie down with your feet level above your head, if it persists, contact us through our channels.

You may also be called for taking a new blood sample if clarification is needed in the tests performed



For more information about anemia and iron deficiency, access our portal through this QRCode



Thank you for your blood donation.