



The British School

Caroline Drumm
Principal

P.O. Box 566, Jhamsikhel, Patan
Kathmandu, Nepal

3rd October 2023

Dear Parents,

Blood Donation Appeal

We are pleased to announce the 4th TBS Blood Drive in response to the need for blood products in blood banks. We are appealing to eligible donors to be part of the blood donation drive taking place on 10th October, 2023 from 8:30 am - 1:30 pm in the new Secondary Staffroom.

A single blood donation can save lives and make a significant difference in the community. The event is supported by **Hamro LifeBank in coordination with Nepal Medciti Hospital** and is conducted with maintaining high quality medical standards.

To be eligible to donate blood, the donor must be healthy, at least 18 years old and weigh more than 45 kgs. The medical team will assess you prior to the blood donation e.g. checking blood pressure and hemoglobin level and taking your medical history etc. Please check the criteria below to see if you are eligible to give blood.

The blood donor should:

- be aged 18 to 65 years and healthy
- weigh above 45 kg
- have hemoglobin above 12 gm/dl
- have blood pressure between 110-160 / 70-96 mmHg
- not be pregnant or breastfeeding
- not be using drugs or strong medicines (people who take strong medicine for a short period will not be able to donate blood from one week up to 2 years- please seek advice from your medical provider if unsure)
- not have had medical surgery for 2 years
- have an interval of 3 months or more from the last blood donation .

If you have had one of these conditions, you are unfortunately unable to donate blood but are recommended to encourage your family members, friends and loved ones to donate: cancer, heart diseases, HIV/AIDS, hepatitis B or C, hemophilia and thalassemia, diabetes, liver diseases, Polycythemia Vera, asthma, an endocrine disorder or a hormonal disorder

To prepare for giving blood, please consider the following advice:

Patron: H.E.The British Ambassador

Telephone: 977-1-5421794, Fax: 977-1-5422012, e-mail: tbs@tbs.edu.np website: www.tbskathmandu.org



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Hydrate: Drink Plenty of water in the 24 hours leading up to your donation to ensure you are well hydrated.

Eat Nutritious Meals: Have a good breakfast a few hours before the donation.

Res: Get a good night's sleep the night before your donation to ensure you are well rested.

Wear Comfortable clothing: Choose clothing with sleeves that can easily be rolled up to the arm.

Bring a Friend: Consider bringing a friend or family member to support you if it's your first blood donation.

Please fill in this [form](#) if you are interested in donating blood or you wish to give your consent for your child, who is over 18, to donate blood. Also feel free to contact Ms. Deula on 9851237618 or email on pdeula@tbs.edu.np should you have any queries.

Your Sincerely

Ms. Pabitra Deula

School Nurse

Patron: H.E.The British Ambassador

Telephone: 977-1-5421794, Fax: 977-1-5422012, e-mail: tbs@tbs.edu.np website: www.tbskathmandu.org