

# Iron Replacement

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DONOR PROGRAMME



**Western Cape Blood Service**  
Do something remarkable

## Why is iron important?

Iron is an essential mineral in our bodies and an important part of haemoglobin. Haemoglobin is the substance in red blood cells that transports oxygen from your lungs to the rest of your body. If you don't have enough iron, your body can't produce enough healthy oxygen-carrying red blood cells. Iron has other important functions too, such as maintaining healthy cells, skin, hair and nails.

## What does the pre-donation fingerprick test measure?

The fingerprick blood test performed before your donation is a measurement of your haemoglobin level, which needs to be above 12.5 g/dl in females and 13.5 g/dl in males for you to be able to donate blood. This test is not a measure of your iron level.

## What is anaemia?

A lack of red blood cells is called anaemia. There are many causes of anaemia, but iron deficiency is the most common cause worldwide. Iron deficiency can be caused by the shortage of iron in your diet, heavy menstruation or other causes of blood loss. Without healthy red blood cells, your body cannot get enough oxygen, resulting in you feeling tired and fatigued. This exhaustion can affect everything from your brain function to your immune system's ability to fight off infections. According to the World Health Organisation, males are considered anaemic when their haemoglobin value is below 13.0 g/dl, and women when their value is below 12.0 g/dl.

## Can iron deficiency be prevented?

A balanced diet and healthy lifestyle are recommended to maintain sufficient iron stores and prevent anaemia. When you eat iron-rich food, iron is absorbed into your body mainly through the upper part of your small intestine.

Some foods rich in iron include:

- Any type of meat, particularly liver and kidneys
- Certain types of fish (sardines, salmon), oysters and shrimps
- Most nuts, beans, cereals, soya and lentils
- Spinach, peas and sweet potatoes
- Apricots, peaches, watermelon, dates, prunes and raisins



## Our Iron Replacement Programme

It is well known that regular blood donation can result in iron deficiency due to loss of iron in the donor's blood. In order to protect our donors from this, the Western Cape Blood Service offers iron tablets to donors who have donated more than once in the same year, in order to replace the iron that has been lost through their donation. This is particularly important for women of child-bearing age, as they are most prone to iron deficiency.

### Directions for use

- You will be supplied with thirty ferrous sulphate (iron supplement) tablets after your donation.
- Take one tablet every Monday, Wednesday and Friday only, until the tablets are finished.
- Tablets are best absorbed on an empty stomach, but can be taken with food to minimise side effects, such as mild nausea, diarrhoea, constipation or black-coloured stool.
- Certain foods and drinks **decrease** absorption of iron (such as tea, coffee, dairy products and high fibre cereals), while Vitamin C containing foods and drinks **increase** iron absorption.
- **Iron tablets must be kept out of reach of children as an overdose can be lethal. In case of emergency, contact the Red Cross War Memorial Hospital urgently on 021 658 5111 for advice.**

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## Contact Details



### Telephone numbers

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Head - Medical Division

021 507 6329



### E-mail

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### Head Office Address

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## Social Media



Western Cape Blood Service



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# Ystervervanging

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SKENKERPROGRAM



**Western Cape Blood Service**  
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## Hoekom is yster so belangrik?

Yster is 'n noodsaaklike mineraal in ons liggaam en is 'n belangrike deel van hemoglobien. Hemoglobien is die deel in rooibloedselle wat suurstof van die longe na die res van die liggaam vervoer. Indien jy nie genoeg yster het nie, sal jou liggaam nie genoeg gesonde suurstofdraende rooibloedselle kan maak nie. Yster het ook ander belangrike funksies soos om gesonde selle, vel, hare en naels te verseker.

## Wat meet die vingerpriktoets voor skenking?

Die vingerprikbloedtoets wat gedoen word voor jou bloed-skenking, meet jou hemoglobienvlak. Dit moet bo 12.5g/dl vir vrouens wees en 13.5g/dl vir mans voordat jy kan bloed skenk. Dit toets is nie 'n maatstaf van jou ystervlakke nie.

## Wat is anemie?

'n Tekort aan rooibloedselle word anemie genoem. Daar is baie oorsake van anemie, maar 'n ystergebrek is die algemeenste. 'n Ystergebrek kan veroorsaak word deur 'n tekort aan yster in jou dieët, swaar maandstonde en ander oorsake van bloedverlies. Sonder gesonde rooibloedselle kry jou liggaam nie genoeg suurstof nie, wat veroorsaak dat jy moeg voel. Hierdie uitputting kan heelwat liggaamlike funksies beïnvloed, van jou breinfunksie tot jou immunstelsel se vermoë om infeksies te beveg. Volgens die Wêreldgesondheidsorganisasie word mans as anemies beskou wanneer hulle hemoglobienvlak onder 13.0g/dl is en vrouens onder 12.0g/dl.

## Kan 'n ystergebrek verhoed word?

'n Gebalanseerde dieët en gesonde leefstyl word aanbeveel om voldoende ystervoorrade in die liggaam te onderhou en om 'n ystergebrek of bloedarmoede te verhoed. Wanneer jy ysterryke voedsel eet, word yster in jou liggaam geabsorbeer, hoofsaaklik deur die boonste gedeelte van jou dunderm.

Voedsel wat ysterryk is, sluit die volgende in:

- Enige tipe vleis, spesifiek lewer en niertjies



- Sekere tipes vis (sardiens, salm), oesters en garnale



- Meeste neute, boontjies, graankosse, soja en lensies



- Spinasie, ertjies en soetpatats



- Appeltjies, perskes, waatlemoen, dadels, pruime en rosyntjies



## Ons Ystervervangingsprogram

Dit is alombekend dat gereelde bloedskenking kan lei tot 'n ystergebrek as gevolg van die verlies van yster in die skenker se bloed. Om ons skenkers hierteen te beskerm, bied die Wes-Kaapse Bloeddiens ystertablette aan skenkers wat meer as een keer in dieselfde jaar geskenk het om sodoende die yster wat verlore gaan, te vervang. Dit is veral belangrik vir vrouens tydens hul vrugbare tydperk, aangesien hulle meer geneig is tot 'n ystergebrek.

## Gebruiksaanwysings

- Jy sal met dertig ysterhoudende sulfaat (ysteraanvulling) tablette voorsien word ná jou skenking.
- Neem een tablet slegs elke Maandag, Woensdag en Vrydag totdat al die tablette klaar is.
- Die tablette sal die beste geabsorbeer word op 'n nugter maag, maar kan met voedsel geneem word om nuwe-effekte soos ligte naarheid, diarree, hardlywigheid of swart stoelgang tot 'n minimum te beperk.
- Sekere kosse en drankies **belemmer** die absorbering van yster (soos tee, koffie, suiwelprodukte en voedsel ryk aan vesel), terwyl voedsel en drankies wat vitamien C insluit die inname van yster kan **bevorder**.
- **Ystertablette moet buite bereik van kinders gehou word - 'n ysteroordosis kan dodelik wees. In 'n noodgeval, kontak die Rooikruis Kinderhospitaal by 021 658 5111.**

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## Kontakbesonderhede



### Telefoonnommers

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Hoof - Mediese Afdeling

021 507 6329



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