

# Outpatient Instructions after a Transfusion

- You (or your loved one) had a blood transfusion. It is possible you may have a reaction. This is rare.
- Reactions are usually mild. They can happen after any blood transfusion, even if you have never had a reaction before.
- **Tell a member of your health care team if you have any of these symptoms:**
  - › Rash, hives, itching
  - › Nausea (feeling sick to your stomach) or vomiting (throwing up)
  - › More coughing
  - › Headache, dizziness
  - › Sensitive to bright light
  - › Cold, clammy skin
  - › Fever (temperature above 38 °C/100.4 °F) or chills
  - › Feeling unusually or very tired
  - › Back or chest pain
  - › Trouble breathing, wheezing
  - › Blood in your urine (pee)
  - › The white parts of your eyes turn yellow. In very bad cases, people with lighter skin tones may see their skin turn yellow.
- **If you do not feel well once you get home, call 811 to talk with a registered nurse 24/7.**

Also available in Simplified Chinese: CH85-2126 同时提供简体中文版

Also available in Arabic: AR85-2094 متوفر أيضاً باللغة العربية.

Aussi disponible en français :

Instructions ambulatoires après une transfusion (FF85-1812)

**Go to the nearest Emergency Department (ED) right away if you have any of these symptoms:**

- › Severe (very bad) nausea and/or vomiting
- › Severe back, chest, or head pain
- › Trouble breathing
- › Blood in your urine (pee)
- **Do not drive yourself.**
- **Tell the ED staff that you have recently had a blood transfusion.**

**Looking for more health information?**

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information is not intended to be and does not constitute health care or medical advice.  
If you have any questions, please ask your health care provider.