

Outpatient Instructions after a Transfusion

- You (or your loved one) have 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 (upset stomach) or vomiting (throwing up)
 - › More coughing
 - › Headache, dizziness
 - › Sensitive to bright light
 - › Cold, clammy skin
 - › Fever (temperature above 38 °C or 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 after you leave the hospital, call 811 to talk with a registered nurse 24 hours a day, 7 days a week.**

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 : FF85-1812

Go to the nearest Emergency Department (E.D.) 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 E.D. staff that you have recently had a blood transfusion.**

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

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

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