

## Outpatient Instructions after a Transfusion

You (or your family member) had a blood transfusion and, although rare, it is possible you may have a reaction. Reactions are rare and usually mild, but they can happen after any transfusion, even if you have never had a reaction before. It's important that you watch for and tell your health care team if you have any of these symptoms:

- › rash, hives, itching
- › feeling sick or vomiting
- › increased coughing
- › headache, dizziness
- › sensitivity to bright light
- › fever/chills
- › cold, clammy skin
- › feeling unusually or extremely tired
- › back/chest pain
- › trouble breathing, wheezing
- › red/brown (bloody) urine (pee)
- › yellow skin or yellowing of eye whites

If you feel unwell at home, call 811 to talk with a registered nurse.

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

- › severe (bad) nausea and vomiting
- › severe back, chest or head pain
- › trouble breathing
- › blood in your urine (pee)

**Do not drive yourself. Tell the staff that you have recently had a blood transfusion.**

*Prepared by: Nova Scotia Provincial Blood Coordinating Program*

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The information in this handout is for informational and educational purposes only.

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.