

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.**

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.**

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 this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

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

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