

SGH to hold blood donation drive at BPIEF 2016 on Feb 27-28

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KUCHING: Sarawak General Hospital (SGH) Blood Bank will be holding its blood donation drive throughout the annual Borneo Post International Education Fair (BPIEF) 2016 at Borneo Convention Centre Kuching (BCKK) from Feb 27 to 28.

According to SGH public relations officer Boniface Lasek, the programme will be run by the hospital's team of experienced and dedicated personnel.

"We are targeting about 100 donors during BPIEF 2016," he said. Members of the public aged between 18 and 60, weighing more than 45kg and who are in good health are eligible to register as donors.

"Besides having more than five hours of sleep, you also need to be free from any medical complications including high blood pressure, heart disease, diabetes, migraine, flu and fever. You must also not have undergone surgery within the last six months," he said, adding

that it was highly advisable for donors to not be taking any medication prior to donating blood.

He also advised potential donors to have a light meal before the procedure.

"Donors must also ensure that they are not involved in any of the following activities – homosexual and bisexual relationships, having multiple sexual partners, having had sexual contact with those mentioned above, or being involved in drug abuse," said Boniface.

He also said potential donors should ensure that more than three months had lapsed since their last blood donation; they had not taken any immunisation within three weeks of blood donation; they had not had any piercings or tattoos done within the last year; they had not consumed alcohol or undergone a dental extraction within 24 hours; they had no fever, cough, cold,

sore throat or conjunctivitis a week prior.

"For female donors, they should ensure that they are not pregnant, are not on contraceptive or hormone pills, not breastfeeding, have not delivered babies less than a year, and not menstruating (before or after a week) prior to the date of the blood donation.

"Potential donors also must make sure that they do not receive any letter or phone call from the blood bank regarding the result of their last donation. Apart from that, they also need to ensure that they have not stayed in Europe for a period of six months or longer between 1980 and the present day; and not a foreigner who has been staying in Malaysia for less than a year," he added.

Members of the public who wish to donate blood are also welcome to visit the blood bank at SGH, which opens Mondays to Fridays from 8am to 4.30pm.

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Who's joined BPIEF 2016 so far



1. Le Cordon Bleu Malaysia
2. Kolej Komuniti Mas Gading
3. Automotive and Welding Institute of Sarawak (Awisar)
4. Kolej Antarabangsa Teknologi Lanjutan Sarawak (i-CATS)
5. I-Systems College & Kolej AITC
6. National College of Ireland
7. Sarawak Maritime Academy
8. Tenby International School Miri
9. Aerotech Training Centre
10. IDP Education Limited
11. Pusat Pembangunan dan Kemahiran Sarawak
12. University College of Technology Sarawak
13. Advantage Learning Company
14. AUG Student Services
15. Australian Business Centre
16. Cosmopoint College
17. Curtin University Sarawak Malaysia
18. Easy by RHB
19. Education New Zealand
20. Executive College
21. FAME International College
22. Inter-Excel Academic Advisory
23. Islamic Information Centre
24. JM Education Group
25. Kolej Yayasan UEM
26. Limkokwing University of Creative Technology
27. Market Management Services Sdn Bhd
28. Melaka Manipal Medical College
29. NIIT College
30. Open University Malaysia
31. Quest International University College Perak
32. SEGi University & Colleges
33. University of Southampton
34. Sunway College Kuching
35. Swinburne University of Technology Sarawak Campus
36. UCSI University
37. Universiti Kuala Lumpur
38. Wawasan Open University
39. Yayasan Sarawak
40. Penang Medical College

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