

Giving blood

Have you ever thought about giving blood?
VANESSA CLARK explains the process and presents key language to talk about it.

MEDIUM PLUS



Would you like to test yourself on the vocabulary you've learned on these pages? You'll find exercises in **Spotlight plus**: spotlight-online.de/spotlight-plus



What happens?

When you arrive, the nurse will give you a **health-check form** to fill in. It asks about recent **medication**, **medical procedures** and **investigations**, **travel** to certain parts of the world, **tattoos**, **piercings**, **acupuncture**, **contact with infectious diseases** ... anything that might make you **unsuitable to donate**. Next, a **pinprick test** is done — a **drop of blood** is taken from your **fingertip**, to check your **levels of haemoglobin**. If all is well, you'll be asked to sit in a **donor chair**, which is then **tipped back** to a horizontal position. With one arm on the **armrest**, a **blood pressure cuff** is placed around your **upper arm**. The skin on your **inner elbow** is cleaned with an **antiseptic swab**. The nurse then **inserts** a **needle** into your **vein** and holds it in place with **sticky tape**. The blood starts to **flow** through the **plastic tubing** into the **blood bag**, which sits on a **monitor** measuring the **amount** of blood and the **time taken**. The monitor **tray rocks** to stop the blood from **clotting**. A small part of your donation goes into a **sample tube**, to be **tested** at the **lab**, to find your **blood group** and to check for any **antibodies** or **diseases**. During the **donation process**, you can relax, or do the recommended **muscle tension exercises** to prevent a **drop in blood pressure**. When your donation is complete, the nurse will remove the needle and **apply pressure** and a **dressing** to **stop the bleeding**. Then it's time to **rehydrate** — help yourself to a drink and snack in the **refreshment area**!

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|--|---|
| 1. waiting area
['weɪtɪŋ ,eəriə] | 7. nurse [nɜ:s] |
| 2. health-check form
['helθ ,tʃek fɔ:m] | 8. adhesive tape
[əd'hɪ:sɪv teɪp] |
| 3. blood donor
['blʌd ,dəʊnə] | 9. blood sample tube
[ˌblʌd ,sɑ:mpl̩ 'tju:b] |
| 4. refreshment area
[rɪ'frefmənt ,eəriə] | 10. needle
['ni:dəl] |
| 5. blood pressure cuff
['blʌd ,preʃə kʌf] | 11. armrest
['ɑ:mrest] |
| 6. blood collection monitor
[ˌblʌd kəˌleɪʃən 'mɒnɪtə] | 12. blood bag
['blʌd bæɡ] |
| | 13. donor chair
['dəʊnə tʃeə] |
| | 14. plastic tubing
[ˌplæstɪk 'tju:brɪŋ] |

Feeling unwell?

If you feel **uncomfortable** during your donation, or afterwards, just tell your nurse. About 1 in 70 people **feel faint**. You might feel **light-headed** or **dizzy**, **sweaty**, **trembly** or even **nauseous**. The nurse will stop the donation and take care of you. **Serious complications** are very rare, and **staff** are trained to deal with them.

Turn to "Easy English" (page 58) to read a short dialogue with a regular blood donor and to find out more about a practice of the past: bloodletting.

- apply pressure** [əˌplʌɪ 'preʃə]
➤ Druck anwenden
- clot** [klɒt]
➤ gerinnen, Klumpen bilden
- dizzy** ['dɪzi]
➤ schwindlig
- donate** [dəʊ'neɪt]
➤ hier: Blut spenden
- dressing** ['dresɪŋ]
➤ Verband

- faint** [feɪnt]
➤ schwach
- insert** [ɪn'sɜ:t]
➤ einführen, einschieben
- investigation** [ɪnˌvestɪ'geɪʃən]
➤ Untersuchung
- lab** [læb] *ifml.*
➤ Labor
- light-headed** [ˌlaɪt 'hedɪd]
➤ benommen

- nauseous** ['nɔ:siəs]
➤ schlecht, übel
- pinprick** ['pɪnpɪrɪk]
➤ Nadelstich; hier: Schnelltest
- rock** [rɒk]
➤ hier: vibrieren
- staff** [stɑ:f]
➤ Personal
- swab** [swɒb]
➤ Tupfer

- tension** ['tenʃən]
➤ Anspannungs-, Spannungs-
- tip back** [tɪp 'bæk]
➤ nach hinten kippen
- tray** [treɪ]
➤ Tablett
- trembly** ['tremblɪ] *ifml.*
➤ zitterig
- vein** [veɪn]
➤ Vene

At spotlight-online.de/teachers/picture-it, you can find German translations for these words and expressions, as well as our Vocabulary archive.