

# Diabetes Mellitus

Donating blood and its effect on the HbA1c blood test result for all types of diabetics



[welshblood.org.uk](http://welshblood.org.uk)

0800 252266

WBS Ref: 221E Version 1 07/21

Follow us on



GIG  
CYMRU  
NHS  
WALES

Ymddiriedolaeth GIG  
Prifysgol Felindre  
Velindre University  
NHS Trust

# Donating blood affects the HbA1c blood test.

## What is the HbA1c blood test?

It is a blood test used to monitor the control of the glucose levels in individuals diagnosed with Diabetes Mellitus.

## What happens when donating blood?

The levels of HbA1c are artificially lowered after donating blood, which gives the impression that the diabetic control is better than it actually is!

## What can you as a blood donor with diabetes mellitus do?

- Inform your GP/Diabetic Clinician that you are a blood donor when you attend the diabetic review clinic, so this can be taken into account when the HbA1c levels are being reviewed.
- Reduce the effect of blood donation on your HbA1c by planning to donate blood a few days after your routine HbA1c blood test.

**If any further information is required you can call the WBS on 0800 252 266 and ask to speak with a Nurse.**



**Welsh Blood Service**  
**0800 252266**  
**welshblood.org.uk**