

DESCRIPTION OF HEMOGLOBIN LEVELS IN POST-MENSTRUATION FEMALE DONORS AT THE PMI UDD IN MALANG CITY IN 2025

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ABSTRACT

Background: Menstruation causes blood loss that may reduce hemoglobin (Hb) levels and affect the eligibility of female blood donors. This study aimed to describe the hemoglobin levels of post-menstruation female prospective blood donors at the Blood Donation Unit of the Indonesian Red Cross (UDD PMI) Malang City to ensure donor safety. **Methods:** This descriptive study was conducted from October to November 2025 at the Blood Donation Unit of the Indonesian Red Cross (UDD PMI) Malang City. A total of 110 post-menstruation female prospective blood donors were included using a total sampling technique. Data were collected through hemoglobin measurement using an Hb meter and a questionnaire, then analyzed using univariate analysis. **Results:** The results showed that 95 respondents (86%) had normal hemoglobin levels (12.5–17 g/dL) and met the eligibility criteria for blood donation, while 15 respondents (14%) had low hemoglobin levels (<12.5 g/dL). The mean hemoglobin level of the respondents was 12.4 g/dL. **Conclusion:** Most post-menstruation female prospective blood donors had normal hemoglobin levels and were eligible to donate blood. However, careful donor screening remains necessary because some prospective donors had low hemoglobin levels, which may be associated with menstrual blood loss.

Keywords: Hemoglobin Level, Blood Donation, Post-Menstruation Female Prospective Blood Donors.