

# What you must know to give plasma or platelets

Making donation safe for you, and for those who receive your donation

Please read this brochure

## General information

**Your presence here is voluntary. You may leave at any time but please inform a staff member.**

- Drinking fluids before, during and after donation as well as eating salty snacks on the day of donation, will help maintain your blood volume and improve your donation experience.
- Let us know if you are feeling dizzy or unwell at any time during your visit.
- Let us know if you are allergic to latex or the powder used in medical gloves.
- Plasma donors will undergo a basic physical exam from a nurse before their first donation and yearly thereafter.
- Whether or not you donate, your information may be kept on file.
- Iron deficiency may occur due to the loss of blood taken for testing. Red cells are rich in hemoglobin which contains iron. A diet rich in iron is advised for all donors. If you donate frequently, ask your health care provider about taking iron supplements and the need to check your iron stores (ferritin).

## Before you give...



Have something to eat in the hours before donation. (Avoid fatty foods such as bacon or fried foods).



You will complete a questionnaire.



Drink at least 500 ml of water or juice just before donation.



We will confirm your identity.



We will check your:

- Temperature
- Blood pressure
- Weight

## While you give...



The needle used to take the blood is new and sterile.



During the procedure, anticoagulant is added to the donation to prevent clotting.

Red cells, along with some anticoagulant are returned to you while the plasma and/or platelets are being collected.

Although very rare, the following can occur when the red cells are returned:

- The rupture of some red blood cells (hemolysis).
- An allergic reaction (itching).

- An air bubble that blocks flow in a blood vessel (the tubing is continuously monitored for air bubbles).

Inform the staff of any unusual symptoms such as tingling around the mouth, chills, heaviness in the chest, difficulty breathing, chest pain, back pain or general discomfort. Some of these symptoms can be alleviated by slowing the procedure.

Occasionally, the red cells cannot be returned to a donor. If so, a temporary deferral from donation may be required for your safety depending on the volume of red cell loss.

### This information is intended for people giving large volume plasma donations (more than 500ml) who will receive fluid replacement:

- The volume of plasma collected will depend on your sex, weight and height and how many times you have donated.
- For large volume plasma donations, IV (intravenous) fluids are given immediately after the donation to replace the lost plasma volume. This helps minimize the chance of feeling faint, dizzy and/or nauseated after your donation.
- The replacement solution we use is called saline which is a mixture of sodium chloride (salt) and water.



**Contact us at 1 888 2 DONATE (1.888.236.6283) if:**

- You forgot to tell us something related to your health, travel history or lifestyle.
- You decide your donation should not be used for any reason.
- You experience an adverse reaction (for more information see section on Adverse reactions).
- You get sick or have diarrhea in the week after donating.
- In the next two weeks you are told by a health care provider that you have West Nile virus or Zika virus.
- In the next year, you are told by a health care provider that you have hepatitis or HIV.

## Did you know?

You can create your own personal online account at [www.blood.ca](http://www.blood.ca) to manage your preferences and much more.

## Questions?

Ask a donor centre staff member.

See our website [www.blood.ca](http://www.blood.ca).  
Call **1 888 2 DONATE**  
(1.888.236.6283).

For more information on iron, go to [www.blood.ca](http://www.blood.ca).

For questions about privacy, request our privacy brochure.

For questions about *What happens to your donation*, search *Brochures* on [www.blood.ca](http://www.blood.ca).

## After you give...

- Rest and put pressure on the needle site for about five minutes. We will then place a bandage on your arm.
- You are encouraged to stay in the refreshment area for 15 minutes or so to re-hydrate and have a snack.
- If you feel faint, sit down and rest for a few minutes with your head between your knees or lie down.

## After you leave the donor centre...

- For the rest of the day, drink plenty of fluids such as water or juice (avoid alcoholic beverages).
- When you get home, remove the bandage and wash the donation area with soap and water to prevent a skin rash.
- You should avoid strenuous activity for six to eight hours and heavy lifting for 24 hours after donating.
- If you feel faint and you are driving, pull over. Resume only when fully recovered or call for help.
- Jobs that expose you to risk (such as bus drivers and heavy equipment operators) may also require some time off.

## Adverse reactions

### As with whole blood donors, a small number of donors may:

- Feel tired for a day or two.
- Get a bruise, redness or a rash at the needle site.
  - Apply ice on and off if there is swelling.
  - Use acetaminophen (Tylenol) for pain.
- Feel faint, dizzy and/or nauseated.
- Faint and/or have muscle spasms.
- Suffer nerve damage, arm pain or numbness.
  - Apply ice on and off if there is swelling
  - Use acetaminophen (Tylenol) for pain.



Consult a health care provider if any of these symptoms persist or are concerning to you.

## HIV and hepatitis

- Sexual contact<sup>1</sup> or the sharing of needles or syringes can contribute to the spread of HIV and hepatitis.
- Because the tests for HIV and hepatitis virus cannot detect all infections, you will be asked about certain risk activities.

## Testing your blood before transfusion...

We will test your blood group (ABO and Rh) on every donation.

Protein levels and hematocrit by finger stick may be done on plasma donors.

Platelet counts (CBC) will be done on platelet donors with every donation.

### <sup>1</sup>Sexual contact means the following, even if a condom or barrier device was used:

- Vaginal intercourse (contact between the penis and vagina).
- Oral sex (mouth or tongue on someone's vagina, penis or anus).
- Anal intercourse (contact between the penis and anus).

Your blood will also be tested for the following infectious diseases as they are known to spread to others through blood:

### Tested with every donation

- |  |  |
|--|--|
| 1. Hepatitis B virus*                  | 4. Syphilis*                               |
| 2. Hepatitis C virus*                  | 5. Human T-cell lymphotropic virus (HTLV)* |
| 3. Human immunodeficiency virus (HIV)* |  |

### Tested as required

- |                     |                          |
|---------------------|--------------------------|
| 1. Chagas disease*  | 4. Cytomegalovirus (CMV) |
| 2. West Nile virus* | 5. Bacteria              |
| 3. Parvovirus B19   |                          |

Other tests may be done on some donations as required. These include testing for other blood groups, screening for uncommon hemoglobins if your blood is used for patients with special needs, and ferritin (iron stores).

You will be informed of unusual results from any of the tests that we perform.

### \*If the test result is abnormal:

- You will be notified.
- Your blood will not be used.
- Except for West Nile virus, you will no longer be eligible to donate blood.
- The public health office will be informed of positive test results, as required by law.