**What You Must Know to Give Plasma or Platelets**

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

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### General Information

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

- 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).

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### Before You Give...

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

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

You will complete a questionnaire.

We will confirm your identity.

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### 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.

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

ADVERSE REACTIONS

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.

HIV AND HEPATITIS

Sexual contact* 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.

TESTED WITH EVERY DONATION

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

TESTED AS REQUIRED

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

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.

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

For more information on iron, go to 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.

If you feel faint and/or have muscle spasms.

If you feel faint and/or have muscle spasms.

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

You can create your own personal online account at www.blood.ca to manage your preferences and much more.

See our website www.blood.ca

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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.

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

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