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

Before you give we will...
• Ask you to show proof of identity and complete a questionnaire.
• Check your blood pressure and temperature and weight to help us assess your health.
• Check your arms for skin rashes and signs of IV drug use.
• Plasma donors will receive a physical exam before their first donation and yearly thereafter.

Tell the clinic staff if you are allergic to latex or to the powder used in medical gloves.

During the procedure anticoagulant is added to the blood to prevent clotting. Red cells, along with some anticoagulant are returned to you while the plasma and platelets are being collected. Although very rare, the following can also occur:
• An air bubble that blocks flow in a blood vessel (the tubing is continuously monitored for air bubbles)
• The rupture of red blood cells (hemolysis).
• A decrease in iron stores (ferritin) may occur in frequent donors. A diet rich in iron is advised for all donors.
• Feel faint, dizzy or nauseated
• Very rarely, faint and have muscle spasms
• Suffer nerve damage, arm pain or numbness.
• Get a bruise, redness or a rash at the needle site
• Feel faint sit down and rest for a few minutes with your head between your knees or lie down.
• Stay for another 15 minutes or so in the refreshment area.
• Rest for around five to ten minutes.
• Stay for another 15 minutes or so in the refreshment area.
• For care of the needle site, and other important advice see “What should I do now?”

Avoid engaging in risky sports. Jobs that expose you to risk (such as bus drivers and heavy equipment operators) may also require some time off.

Your presence here is voluntary. You may leave at any time but please inform a member of the clinic staff. Whether or not you donate, your information may be kept on file.

As with whole blood donors, a small number of donors may:
• Get a bruise, redness or a rash at the needle site
• Feel tired for a day or two
• Feel faint, dizzy or nauseated
• Very rarely, faint and have muscle spasms
• Suffer nerve damage, arm pain or numbness.

While you give...

During the procedure anticoagulant is added to the blood to prevent clotting. Red cells, along with some anticoagulant are returned to you while the plasma and platelets are being collected. Although very rare, the following can also occur:
• The rupture of red blood cells (hemolysis).
• 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 or tinnitus in the ear, tingling, difficulty breathing, chest 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 a temporary refusal from donation may be required, depending on the volume of red cell loss.

After you give...

• Put pressure on the needle site for about five minutes. We will then put a bandage on.
• Rest for around five to ten minutes.
• Stay for another 15 minutes or so in the refreshment area.
• If you feel faint sit down and rest for a few minutes with your head between your knees or lie down.
• For care of the needle site, and other important advice see “What should I do now?”

Avoid engaging in risky sports. Jobs that expose you to risk (such as bus drivers and heavy equipment operators) may also require some time off.

HIV and hepatitis...

HIV and hepatitis can be spread through body fluids such as semen, blood or vaginal fluids. Our tests for HIV and hepatitis cannot detect all infections.

You will be asked about the risk activities for acquiring HIV and hepatitis. Do not give blood if you have engaged in any of these activities or you want a test for HIV.

Some HIV and hepatitis risk questions refer to sexual activity. In these questions sex denotes the following, even if a condom or barrier device was used:
• Anal intercourse (contact between penis and anus)
• Oral sex (mouth or tongue on someone’s vagina, penis or anus)
• Vaginal intercourse (contact between penis and anus).

Your privacy...

We take appropriate measures to protect your personal information.

What happens to your donation...

Your donation is used to treat patients. Rarely, instead of being discarded, parts of your donation may be:
• Stored for future testing
• Used for quality testing, teaching or research
• Donated or sold to recover costs
• Processed into medical or other products.

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Testing your blood before transfusion...

Tests Done for Diseases that Can Be Spread to Others Through Blood

<table>
<thead>
<tr>
<th>Disease</th>
<th>Test Done</th>
<th>Other Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV</td>
<td>Done with every donation</td>
<td>Bacterial infections, Hepatitis B, Hepatitis C, HTLV virus, SIV, HBV</td>
</tr>
<tr>
<td>Hepatitis B &amp; C</td>
<td>Done as required</td>
<td>Chagas disease, West Nile virus, Panovirus B19, Cytomegalovirus (CMV)</td>
</tr>
<tr>
<td>HTLV virus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Syphilis</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If any of the tests named above in red font show abnormal results:
• Your blood will not be used.
• We will send the test results to you.
• Except for a positive West Nile virus test, your name is added to a confidential list of those who cannot give blood.
• The local or provincial health office will be informed of positive test results.

Questions?

• For questions regarding privacy, request our privacy brochure
• For questions on what happens to your donation, request “What Happens to YOUR Donation” brochure
• Ask the clinic staff
• Call 1 888 2 DONATE (1 888 236 6283)
• See our website, www.blood.ca

Contact us if:
• You forgot to tell us about a risk for HIV
• You decide your donation should not be used for any reason
• You faint or get a large bruise
• You have any illness or diarrhea in the next week
• You have West Nile Virus in the next two weeks
• You have hepatitis or HIV in the next year.