

What You Must Know to Give Plasma or Platelets

Drinking fluids before donation will help to maintain your blood volume.



Before you give...

Please read this brochure.

- We will ask you to show proof of identity and complete a health questionnaire. We will check your blood pressure, pulse and temperature.
- We will check your blood to make sure you are not anemic.
- Protein levels are checked on plasma donors, because some proteins are removed when you give plasma.
- Platelet levels are checked on platelet donors.

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

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

Your privacy...

Whether you donate or not your answers are kept on file. We take appropriate measures to protect the confidentiality of your personal information. If you would like to obtain more information on our privacy program, please ask for a privacy brochure.

Information on AIDS and hepatitis...

AIDS is caused by a virus known as HIV. HIV can be spread when body fluids such as semen, blood or vaginal fluids from a person with the virus enter the bloodstream of someone else. Your blood will be tested for HIV. The tests for HIV cannot detect 100% of HIV infections.

Sex refers to any of the following activities even if a condom or barrier device was used:

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

Do not give if you have engaged in any activities that can transmit HIV or hepatitis, you want a test for HIV, or you have ever been told by your doctor that you have chronic fatigue syndrome.

While you give...

When you make a plasma or platelet donation, blood is separated into parts by a machine and a certain part is taken. When the blood is removed anticoagulant is added to the blood to prevent clotting. Some anticoagulant is returned to you, along with the part of the blood that is not taken. The needle used is new and sterile. Giving plasma takes about 30 to 45 minutes. Giving platelets takes anywhere from one to two hours.

There is usually no discomfort while giving. A small number of donors may:

- Feel faint, dizzy or nauseated
- Feel tired for a day or two
- Very rarely, faint and have muscle spasms
- Have bruising, redness or a rash at the needle site
- Suffer nerve damage, pain or numbness in the arm.

A decrease in iron stores (ferritin) may occur in frequent donors. A diet rich in iron is advised for all donors.

Hazardous jobs...

People who work in jobs that expose them to risk (such as flight crews, scuba divers, bus drivers and heavy equipment operators) may require some time off before going back to work. For those who engage in risky sports, time off from the sport may be advised after giving plasma or platelets.

The HIV and hepatitis viruses can be transmitted if:

- You have taken money or drugs for sex, since 1977
- You are a male who has had sex with another male, since 1977
- You have used a needle to inject illegal drugs into yourself
- You have had sex with someone who has done any of the things listed above
- You have been in jail for longer than 48 hours in the past 12 months.

Preventing use of your blood You may not want to say that you are at risk for getting HIV. For this reason we provide a way you can make this known without telling anyone. You will be asked to select a sticker in private from a choice of two to show if your plasma or platelets should be used.

After you give...

- Put pressure on the needle site for about five minutes to stop the bleeding. We will then place a bandage on your arm.
- Rest for five to ten minutes or so.
- We also suggest an extra 15 minutes or so of rest 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.
- To avoid a skin rash, when you return home, remove the bandage and wash the needle site with soap and water.
- Avoid doing anything strenuous for about 6 to 8 hours.
- Drink plenty of fluids to replace the fluid that has been lost.

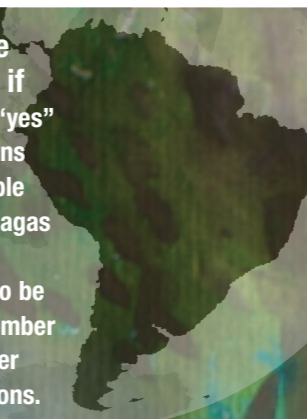
Your blood will be tested for:

- Hepatitis B and C
- Syphilis
- AIDS virus (HIV)
- HTLV virus
- West Nile virus
- Blood group

If any of these tests show unexpected results:

- Your donation will not be used.
- We will request your doctor's name and send the results to him or her.
- Except for a positive West Nile virus test, your name will be added to a private list of those who cannot give blood.
- The local or provincial health office will be informed of positive test results.

A Chagas Disease Test will be done if you have answered "yes" to any of the questions that identify a possible risk for acquiring Chagas disease. A Chagas disease test may also be done on a certain number of donors who answer "no" to these questions.



There are unusual circumstances in which these tests cannot be done.

What happens to your donation...

Your donation is used to treat patients. A small part of your donation may be used for quality testing, teaching or stored for future testing but this is rare. As well, part of your donation may be donated or sold on a cost recovery basis instead of being discarded. It could then be used for research or further processed into drugs to treat patients inside or outside Canada. For further information please ask for our *What Happens to YOUR Donation* brochure.

Other tests, such as parvovirus B19, cytomegalovirus (also known as CMV) and bacteria may be done. This depends on the use of your blood.

Contact us if:

- You decide your plasma or platelets should not be used
- You faint, or get a large bruise
- You have any illness or diarrhea within the next week
- You have West Nile Virus within the next 14 days
- You have hepatitis or HIV within the next twelve months.



If you have any questions or concerns please ask the clinic staff. Or call 1 888 2 DONATE (1 888 236-6283) More information may also be found on our website, www.blood.ca.