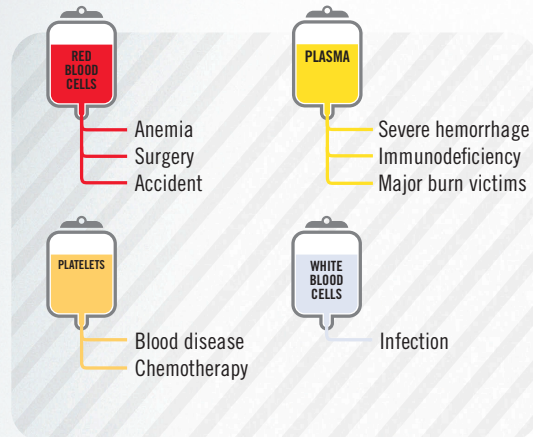


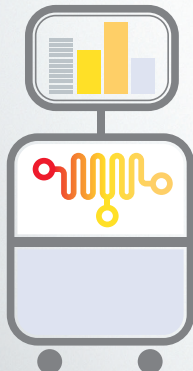
## Did you know?

### › Different transfused products are used depending on the patient's condition



During **whole blood** donation, the blood is collected as is and separated into its various components in a laboratory.

### › A technology called **apheresis** makes it possible to collect only the desired blood components



During a donation by **apheresis**, the blood is separated as the collection takes place by a machine that collects only the desired blood components (plasma, platelets, white blood cells or red blood cells) and returns the others to the donor.

This type of donation is done in a GLOBULE Blood Donor Centre or a PLASMAVIE Plasma Donor Lounge.

To find out more:

[www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca), *Blood > Blood donors > Donation types.*



## Use of donations and personal information

Collected products are used for transfusion or to make medication. On rare occasions, they may be used for teaching, product quality control (in transfusion medicine) or international aid purposes.

The information collected on donors, which includes test results, is kept confidential, in accordance with the law. Donors may consult their file and, if necessary, have it rectified.

With a view to continuously improving knowledge about blood, Héma-Québec may use the information collected on donors for educational, research or statistical purposes, or to contact them.



# Blood donation

WHAT YOU NEED TO KNOW

To read before donating



### › FOR MORE INFORMATION

1-800-847-2525  
[www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca)



*Original text in French. In the event of a discrepancy between the English and French versions, the latter will prevail.*

Effective date: October 2021

PUB-00042[G]  
SAP 52553-6

**GIVE BLOOD. GIVE LIFE.**

# What you need to know...

➤ ABOUT WHOLE BLOOD DONATION



Approximate collection duration: 10 to 15 min

Interval between donations: men: 56 days  
women: 84 days

Required weight: 50 kg/110 lb and more



## BEFORE DONATION

➤ Drink at least 500 ml of water or juice and make sure to eat well while avoiding fatty foods (e.g., bacon, fried foods, etc.).

➤ Answer questions about:

- health status;
- risky activities related to communicable diseases.

➤ Agree to have Héma-Québec verify:

- temperature;
- hemoglobin levels<sup>1</sup>.

➤ Sign a consent to donation.



## AFTER DONATION

➤ Rest and drink plenty of fluids such as water or juice. Avoid alcoholic beverages.

➤ Keep the bandage on the puncture site for six hours.

➤ Avoid any intense physical activity for six to eight hours. Blood donation can affect the performance of intense physical activity for a few days.

➤ In case of weakness: sit down with head between the knees or lay down with legs elevated for a few minutes. Depending on the donor's occupation or exercise practices, extra time may be needed before regular activities can be resumed (e.g., bus driver, heavy machinery operator, etc.).

<sup>1</sup> Hemoglobin is a protein containing iron that is found in red blood cells.



## Decrease of the iron reserve

At each donation, Héma-Québec verifies hemoglobin, but does not systematically do a ferritin test to verify the body's iron stores. The donor should eat a diet rich in iron to make up for this. For more information, please visit Héma-Québec's Web site. Frequent whole blood donors (three donations or more per year for men and two donations or more per year for women) should:

- speak to their doctor about the possibility of having their iron reserve checked through a ferritin test;
- consider using iron supplements, with advice from their doctor or pharmacist. A dosage of 18 mg elemental iron or more per 12 weeks following a donation may be sufficient.



## Tests conducted

Héma-Québec analyzes all the blood donations it collects to detect blood-borne diseases:

- hepatitis A, B and C;
- human T-cell lymphotropic virus (HTLV I/II);
- syphilis, as needed;
- human immunodeficiency virus (HIV);
- West Nile virus (WNV):
  - this test is conducted systematically during the epidemiologic season; outside of this period, it is only performed if the donor has travelled outside of Canada in the past 56 days;
- Chagas disease:
  - this test will be conducted for donors if they, their mother and/or their maternal grandmother were born in a Latin-American country (including Mexico) or if they have spent 30 consecutive days or more in one.
- parvovirus;
- cytomegalovirus (CMV), as needed;
- any other test necessary in connection with the mission of Héma-Québec.

There may be situations in which these tests are not conducted (e.g., damaged sample). In this case, the blood donation is destroyed without further analysis.

### In the event of an abnormal result:

- the donation is destroyed;
- the donor is notified and his or her results are kept confidential, but are shared with Canadian Blood Services to determine the length of time during which he or she cannot donate;

➤ the local Director of Public Health will be notified of a positive result in cases where the law requires it.

### Other tests conducted:

- phenotypes (ABO, Rh and, if necessary, other blood groups);
- hemoglobin type, if applicable.
- bacterial culture of platelets.



## Risky activities and screening tests

Sexual relations<sup>1</sup> or the sharing of needles or syringes can contribute to the spread of blood-borne viruses.

Despite the effectiveness of screening tests, there is a period during which, even if the donor feels well and tests negative for HIV and hepatitis B and C, he or she may have recently been infected and may therefore transmit these viruses to a person receiving a product made from his or her donation.

The donor must notify Héma-Québec immediately if he/she believes, for any reason whatsoever, that his/her blood should not be transfused to a patient.

A blood drive is not the proper place for a health exam or to be screened for human immunodeficiency virus (HIV) or hepatitis B and C.

## Adverse reactions

ADVERSE REACTIONS	SIGNS AND SYMPTOMS (non-exhaustive)	FREQUENCY
Ecchymosis (bruise) at the puncture site		Occasional
Pain or numbness in arm	Usually short term	Occasional
Nausea, vomiting, fainting		Occasional
Fatigue the day after donation		Occasional
Inflammation of a vein in the arm (superficial phlebitis)	Pain, warmth, redness	Very rare
Reduced iron reserve (ferritin)	Abnormal taste of certain substances such as ice, fatigue, reduced stamina, memory and mood issues	More likely to occur in frequent donors

<sup>1</sup> The term "sexual relations" refers to the following acts with or without the use of a condom or other protection method: vaginal penetration (contact of the penis and the vagina), oral sex (contact of the mouth or the tongue and the vagina, the penis or the anus) and anal penetration (contact of the penis and the anus).

**At any time, the donor may change his or her mind and decide not to donate.**