

# AUTOLOGOUS BLOOD DONATION: WHAT YOU NEED TO KNOW

## TO READ BEFORE DONATING



The collection process lasts 10 to 15 minutes.



The transfusion requirements during the scheduled surgery may exceed the number of autologous donations collected. This is why your surgeon could turn to Héma-Québec's blood bank.

### BEFORE DONATION

- Drink at least 500 ml of water or juice and make sure to eat well while avoiding fatty foods (e.g., cheese, fried foods, etc.).
- Agree to have Héma-Québec check:
  - temperature;
  - hemoglobin levels (hemoglobin is a protein containing iron that is found in red blood cells).
- 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.
- 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.).

### 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);
- phenotypes (ABO and Rh);
- parvovirus;
- any other test necessary in connection with the mission of Héma-Québec.

### IN THE EVENT OF A POSITIVE 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.

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

### ADVERSE REACTIONS

In general, donors do not feel any unpleasant sensations during the blood collection process. However, the following adverse reactions and discomfort can occur:

- ecchymosis (bruise) at the puncture site;
- pain or numbness in arm;
- nausea, vomiting, fainting;
- fatigue the day after donation;
- inflammation of a vein in the arm (superficial phlebitis).

### FOR MORE INFORMATION

#### Special donations program

1-877-359-2886 (Montréal)

1-800-267-9711, extension 2240 (Québec)

[www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca)

### USE OF PERSONAL INFORMATION

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.



HÉMA-QUÉBEC

