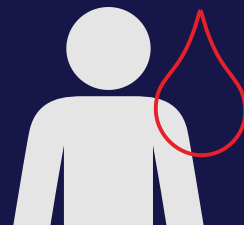


WHAT YOU NEED TO KNOW



Please read before donating blood



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:
 - blood pressure and 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.



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).



Use of personal informations

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.

For more information

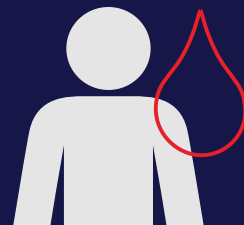
1-888-666-HEMA (4362), ext. 5404
www.hema-quebec.qc.ca

PUB-00046[5] · Effective date: December 2022



HÉMA-QUÉBEC

WHAT YOU NEED TO KNOW



Please read before donating blood



Research projet: pre donation blood pressure

By consenting to donate blood, you also consent to participate to a research project aimed to assess the effectiveness of the pre donation blood pressure measure. Before the COVID-19 pandemic, donors with high or low blood pressure were deferred to prevent donor adverse reactions, although few data support this practice. To enhance the sanitary measures, pre donation blood pressure has been temporarily lifted and no increase related to adverse reactions was observed. To confirm this observation, we will measure your blood pressure and you will be eligible even if your result is out of range. Your result will be communicated to you, and if needed, we may advise you to consult a physician.

Are you a trans or non-binary person?

If so, please take the time to read about the risks associated with blood donation that could affect your health.

Health and safety when donating blood

Gender-based safety measures are applied during blood donation due to physiological differences between those who were assigned male versus female at birth. These measures are put in place to prevent risks that are potentially harmful to anyone donating blood products. That is why Héma-Québec registers the person's sex in the donor file.

How does Héma-Québec register the person's sex in the donor file?

The person's sex is recorded in the donor file on the basis of photo identification presented at the time of the donation. Héma-Québec recognizes that the person's sex on the identification documents does not always correspond with the donor's gender identity. For this reason, work is underway to improve the registration process to make it fully inclusive for trans and non-binary donors while still ensuring their safety.

What risks associated with blood donation are specific to trans and non-binary donors?

While the same safety measures apply to cis, trans and non-binary donors, it can be more complex to identify risks that apply specifically to donors who have undergone or are in the process of a medical transition (hormone therapy or gender-affirming surgery). Certain risks associated with sex assigned at birth may be either increased or attenuated, depending on each donor's specific situation.

For example, an absence of or decrease in menstruation can attenuate the risk of iron deficiency, a condition that can impact a person's health, in particular by aggravating or causing memory loss and mood disorders. In some cases, iron deficiency can also result in anemia, which is a temporary exclusion criterion for blood donation.

How to prevent iron deficiency associated with blood donation?

Donors who were assigned female at birth are generally at greater risk of iron deficiency because of menstruation. Eating foods rich in iron is recommended. To learn more, visit the **Blood donation and iron reserve** page on our website.

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

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

For more information

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