

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 problems	More likely to occur in frequent donors
Destruction of red blood cells (hemolysis) ¹	Pink- or red-tinged urine after the procedure	Very rare
Reaction to sodium citrate (anticoagulant)	Numbness or tingling of the lips, face or fingertips	Frequent (5% of donors)
	Presence of a metallic taste	Frequent (5% of donors)
Chills		Occasional
Other ²		Very rare

¹ There is a risk of hemolysis during the procedure, although this is very low. If not treated, hemolysis can have serious, even fatal, consequences. For the donor's protection, Héma Québec's staff ensures close monitoring to detect hemolysis. If need be, the procedure is stopped immediately.

² Cases of pulmonary or gas embolism have been observed in the past with less sophisticated collection equipment. The modern collection equipment used by Héma-Québec prevents the risk of embolism.

Use of donations and personal information

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

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.



Plasmavie

Plasma donor lounge

Plasma apheresis donation

WHAT YOU NEED TO KNOW



HÉMA-QUÉBEC

For more information

1-800-847-2525
www.plasmavie.ca
www.hema-quebec.qc.ca



To read before donating

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

What you need to know...

Before donation

- > Drink at least 500 ml of water or juice (before and during donation).
- > Make sure to eat well while avoiding fatty foods (e.g., bacon, fried foods, etc.).
- > Answer questions about health status and risky behaviors related to communicable diseases.
- > Agree to have Héma-Québec check:
 - temperature;
 - hemoglobin levels.
- > Sign a consent to donation.

During donation

- > For donations of more than 531 ml, fluids are administered to the donor to ensure optimal comfort through the replacement of lost blood volume.
- > An anticoagulant is added to the blood to prevent it from clotting once outside the body. A portion of this substance is returned to the donor with the non-collected products.

Specifics

- > The collection process lasts approximately 45 minutes.
- > The volume of plasma collected (486 ml, 531 ml, 656 ml, 781 ml or 831 ml) depends on the donor's weight and height. This quantity must correspond to less than 18% of the donor's estimated blood volume.
- > Héma-Québec measures *total protein* and qualifies each type of protein every 8 donations to ensure that repeated plasma donation does not lower a donor's protein levels.

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

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 immunodeficiency virus (HIV);
- > phenotypes (ABO and Rh);
- > parvovirus;
- > 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.

After the 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.).



Risky activities and screening tests

Sexual relations¹ 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.

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

¹ 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).