

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:
 - blood pressure and temperature;
 - hemoglobin level¹.
- > Sign a consent to donation.

During donation

- > 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.

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.).

¹ 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.

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 necessary test related to Héma-Québec's mission could be carried out.

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.

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) ²	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 ³		Very rare

² 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.

³ 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.

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).

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.
- > At the first plasma donation by apheresis, and every eight donations thereafter, Héma-Québec measures the concentration of proteins and certain antibodies (immunoglobulin G or IgG) in your blood.

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:

- > on the Héma-Québec website by scanning the QR code; or
- > during your selection interview by asking the staff for a flyer on that subject.



Héma-Québec staff can also record personal information in your file, on a strictly confidential basis, for the sole purpose of providing any follow-up required should you experience an adverse reaction during or after a donation. Your decision to disclose information is voluntary and will not affect your eligibility to donate blood.

Research project : 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.

Use of donations and personal information

The products collected are used for transfusions or drug manufacturing. On rare occasions, they may also be used for teaching purposes, specialized laboratory analysis (transfusion medicine), product quality control or international assistance.

Héma-Québec collects personal information from donors through their interactions with staff and via completed questionnaires. This information is required in order to make a blood donation. This information, including test results, is used to determine eligibility for blood donation, manage donations and communicate with donors.

Héma-Québec may disclose information to Canadian Blood Services and to hospitals or other blood transfusion centres, some of which are located outside Quebec, for blood recipient safety purposes.

Donors can view their personal information and have it corrected by contacting the person responsible for access to documents and protection of personal information at responsable.acces@hema-quebec.qc.ca

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.

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GIVE PLASMA. GIVE LIFE.



For more information

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

