Different transfused products are used depending on the patient’s condition:

- **RED BLOOD CELLS**
  - Anemia
  - Surgery
  - Accident

- **PLASMA**
  - Severe hemorrhage
  - Immunodeficiency
  - Major burn victims

- **PLATELETS**
  - Blood disease
  - Chemotherapy

- **WHITE BLOOD CELLS**
  - Infection

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:

**Did you know?**

- Different transfused products are used depending on the patient’s condition.

**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.

**FOR MORE INFORMATION**

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

GIVE BLOOD. GIVE LIFE.
What you need to know...

**ABOUT WHOLE BLOOD DONATION**

Approximate collection duration: 10 to 15 min

Interval between donations: 56 days

Required weight: more than 50 kg/110 lb

**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.).
- Answer questions about:
  - health status;
  - risky activities related to communicable diseases.
- Agree to have Héma-Québec verify:
  - blood pressure;
  - temperature;
  - hemoglobin levels.
- Sign a consent to donation.

**AFTER DONATION**

- Rest and drink 500 ml of water or juice.
- 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.).

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**Tests conducted**

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

- hepatitis B and C;
- human T-cell lymphotropic virus (HTLV I/II);
- syphilis;
- 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.

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:**

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

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

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**Risky activities and screening tests**

Sexual relations 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**

<table>
<thead>
<tr>
<th>ADVERSE REACTIONS</th>
<th>SIGNS AND SYMPTOMS (non-exhaustive)</th>
<th>FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ecchymosis (bruise) at the puncture site</td>
<td>Pain, warmth, redness</td>
<td>Usually short term</td>
</tr>
<tr>
<td>Pain or numbness in arm</td>
<td>Abnormal taste of certain substances such as ice, fatigue, reduced stamina, memory and mood issues</td>
<td>More likely to occur in frequent donors</td>
</tr>
<tr>
<td>Nausea, vomiting, fainting</td>
<td></td>
<td>Occasional</td>
</tr>
<tr>
<td>Fatigue the day after donation</td>
<td></td>
<td>Occasional</td>
</tr>
<tr>
<td>Inflammation of a vein in the arm (superficial phlebitis)</td>
<td></td>
<td>Very rare</td>
</tr>
<tr>
<td>Reduced iron reserve (ferritin)²</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 vagina), anal sex (contact of the rectum and the vagina, penis and anus), and oral penetration (contact of the penis and the anus).

² At each donation, Héma-Québec verifies ferritin, but not the iron reserve. Donating blood (including the collection of blood samples) may result in a loss of iron, and it can take several weeks for the body to replenish this loss. The donor should eat a diet rich in iron to make up for this. For more information, please read the “About iron” leaflet or visit Héma-Québec’s Web site. Blood > Learn more > Blood donation and iron reserves. 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 elemental iron ranging from 19 to 45 mg per day for 12 weeks following a donation may be sufficient.

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1 Hemoglobin is a protein containing iron that is found in red blood cells.