

One unit of blood contains approximately 2 cups of blood (450 mLs). After the needle is removed, you will be asked to rest for 20-30 minutes. Juice and a snack will be provided for you.

### **Post procedure**

You will be asked to:

- Remove your bandage after 4 hours and check for any new bleeding. If you see new bleeding, apply pressure and replace the bandage for another 4 hours.
- To prevent bruising and promote healing at the needlesite, avoid lifting or carrying heavy objects for 24 hours.
- Avoid strenuous exercise the day you donate your blood. Resting allows your body to adjust to the blood loss.
- To help replace the fluid lost with your donation, drink extra fluids, i.e. 8-12 glasses of water or juice a day.
- If you feel faint, dizzy, lightheaded, or have any concerns, contact your doctor.

### **Other related Information Available:**

- Blood Utilization Program (BUP): Reducing your Risk of a Blood Transfusion Before your Elective Surgery No. FC.165.B655
- Transfusion of Blood Products: Risks and Benefits of Blood Transfusion: No. FC.160.T687

### **If you require additional information, please contact:**

- The Canadian Blood Services Autologous Clinic at 604-707-3469
- The Blood Utilization Program at Vancouver General Hospital at 604-875-4632

For more copies, go online at <http://vch.eduhealth.ca> or email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **FC.155.Au82**

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# **Preoperative Autologous Blood Donation (PABD)**

Important Information about one  
Alternative to Blood Transfusion

North Shore, Sea to Sky,  
Sunshine Coast, Powell River,  
Richmond and Vancouver

## What is Autologous Blood?

Some types of surgeries may require a blood transfusion. It is possible for some patients to donate their own blood before their surgery. This blood is stored for them by the hospital's blood bank and if they should need a blood transfusion during or after their surgery, their own blood can be given. This process is called Preoperative Autologous Blood Donation (PABD). Donating your own blood does not mean that you may not still need donor blood. If you are a suitable candidate for autologous blood donation your surgeon should start you on an iron supplement. The recommended iron supplement is:

**Ferrous Fumerate 300mg (contains 100mg of elemental iron) twice daily beginning immediately and for up to 6 weeks post-op as guided by your family physician.**

## Who should pre-donate?

Your surgeon will tell you if a blood transfusion may be needed for your surgery. He will tell you of the risks and the benefits of a blood transfusion. He will also talk with you about other alternatives to blood transfusion that may be available for you to choose from in preparation for your surgery. One of the alternatives to blood transfusion is Preoperative Autologous Blood Donation (PABD). Based on the type of surgery you are having and your medical history, you may be able to donate your own blood prior to your surgery. If your surgeon feels you may be a candidate, he will refer you to the Canadian Blood Services (CBS) Autologous Clinic.

If you are having your surgery at Vancouver General or UBC Hospital, your surgeon will refer you to the Blood Utilization Program. In BC you can only pre donate your own blood through CBS's Autologous Clinics in Vancouver, Prince George or Kelowna. On Vancouver Island you can only donate at the Royal Jubilee Hospital Autologous Clinic (1-250-370-8454). You will require at least 4-6 weeks notice of your OR date for these clinics to make the appropriate arrangements for you.

## When would you donate?

Your donation dates will be determined by the clinics based on your OR date. Your pre donated blood can be stored for up to 42 days. One unit of blood is taken per week; usually 2 donations are all that is required. Tests will be done on your blood, including a Hemoglobin level and screening for HIV, Hepatitis B and C, HTLV 1 and syphilis. Results are private and any abnormal results will be reported to you, your family doctor and, as required by law, to the Provincial Health Department.

## Why is the use of one's own blood preferred?

The risk of developing infectious viral disease is very low with donated blood from the Canadian Blood Services however there is no risk of viral infection with autologous blood.

*The blood you get will be yours, therefore:*

- It is the best match for you.
- Allergic or flu-like side effects will not occur.
- Rejection-like side effects will not occur with future transfusions.

*There are some risks with pre-donating and/or receiving autologous blood:*

- Bruising or bleeding at the donation puncture site.
- Lightheadedness, faintness or dizziness following the donation process.
- Preoperative anemia.
- Increased chance of requiring a transfusion because of preoperative anemia.
- Bacterial infection.
- Clerical errors can occur and you may receive the wrong unit of blood.

## How is the blood collected?

The nurse will insert a needle into a vein in your arm and the blood is collected into a blood-bag. The blood-bag contains a solution to feed the cells and prevent the blood from clotting.