

Risks and Hazards of Blood Donation

IRON DEPLETION (ALL DONORS)

Maintain Healthy Iron Levels

- Iron. Your body – and everybody needs it! Iron is an essential mineral that helps move oxygen to all organs, muscles and tissues in your body. It helps turn food into energy. Your good health depends on iron, just as we depend on you as a blood donor.
- That is why every time you donate we measure your red blood cell (RBC) level: how many red blood cells you have in circulation. Your RBC level normally remains at a set point unless (or until) your stored iron becomes depleted. We want to prevent you from ever experiencing depleted iron stores.
- In the days and weeks after you donate, your body naturally absorbs iron to replace what is lost. Once your iron stores are replaced, your body stops absorbing iron – to prevent having too much iron in the body.

Frequent donors may need help

- If you give blood as frequently as 3 times a year, including apheresis collections, recent studies have shown you are likely to need iron supplements.

For tips to increase your iron level, please ask staff for more information.

POTENTIAL SIDE EFFECTS OF BLOOD DONATION (ALL DONORS)

Complications after blood donation are uncommon, but about 3-10% of blood donors may experience some side effects. The most common side effect is bruising at the needle site. A less common side effect is fainting within a few minutes to a few hours after donation. A rare side effect is potential nerve and blood vessel injury from the needle stick. You will be provided after-care instructions for potential side effects after your collection.

APHERESIS DONORS ONLY (Platelet, Plasma, Red Cell, Granulocyte)

It is important that you let the Apheresis Staff know if you develop ANY of the following side effects DURING donation so steps can be taken to alleviate your symptoms:

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| <ul style="list-style-type: none">• Anxiety• Tingling around the face and/or fingers• Fever and/or chills• Cold, clammy skin• Light headedness | <ul style="list-style-type: none">• Dizziness• Headache• Fainting• Bruising or swelling• Rapid, shallow breathing• Shortness of breath | <ul style="list-style-type: none">• Irregular heartbeat• Muscle discomfort, twitching, or spasms• Nausea and/or vomiting• Unpleasant taste sensation• Hives or an allergic reaction• Skin redness or itching |
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- Apheresis donations may be collected more frequently than whole blood, and each type of donation has a specific waiting period to the next type of donation.
 - A malfunction of the instrument or operating conditions may cause the procedure to be discontinued early and can result in blood loss (less than one pint), hemolysis, air embolism, or clotting.
 - Each donor's annual red cell and plasma loss limits are monitored, and donors may be deferred up to 16 weeks if those limits are met.

If you have any questions about blood donation, please ask staff for more information.

Thank you for donating blood today!

