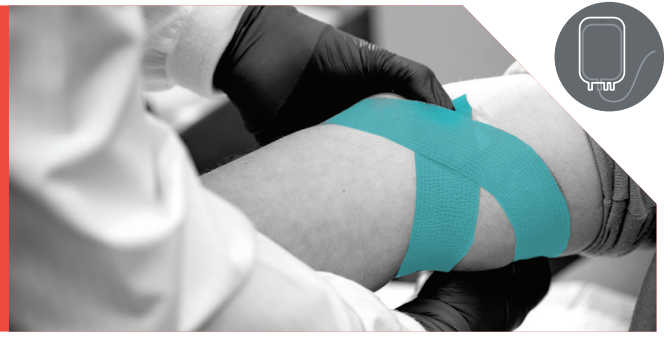


RESEARCH DONOR PROGRAM INSTRUCTION GUIDE



Before your donation

- Increase fluid intake of non-caffeinated beverages for 2–3 days prior to donation.
- Avoid caffeinated drinks the morning of donation.
- Eat a good meal at least one hour prior to your donation.
- Wear loose, comfortable clothing.
- Plan your time accordingly — whole blood draws will take approximately 15–30 minutes, apheresis collections will take approximately 3–4 hours.
- Plan to arrive at the scheduled Donation Center 15 minutes before your appointment to allow time for check-in.
- If you are sick or otherwise unable to make it to your appointment, please contact the appropriate Donation Center listed below.

Parking and getting into the Center for your appointment

CENTRAL SEATTLE

921 Terry Ave, Seattle 98104

- If driving, free parking is available in the garage beneath the building. Enter garage from 9th Ave.
- Take the elevator directly up to Bloodworks Apheresis (3rd Floor) and sign your car in at the clinic front desk.
- If walking, enter the main lobby and take elevators to your left up to Bloodworks Apheresis (3rd Floor). If entering from the street outside of normal center hours, please call 206-689-6555 to be let into the building.

EASTLAKE

1551 Eastlake Ave E, Seattle 98102

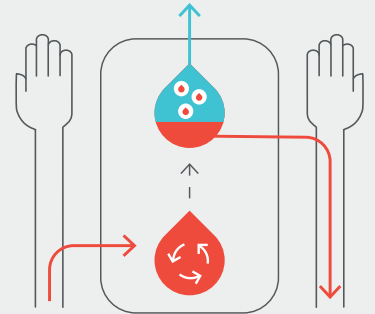
- Two hour parking is available in the main parking lot. The main desk will buzz you in the main doors. If no response, press the intercom to the right of the main doors.
- Please write down your name and license plate number at the security desk in the main lobby.

Thank you for your time and willingness to donate for research. We will make every effort to make this process comfortable for you. For any questions, please contact the appropriate Donation Center.

For apheresis donations only

- On the day of the procedure drink minimal fluids and avoid caffeinated drinks. Once the collection has started, you will be unable to get up to use the restroom. If needed, a bedpan/urinal is available.
- The collection may take up to four hours. A tablet is available for your use at any time during the procedure.

REMINDER: Apheresis collections require vein access on both arms. One arm is used for a flexible IV line, and the other arm is used for an inflexible needle, requiring the second arm to be stationary.



After your donation

- Leave your bandage(s) on for at least four hours. If you see any new bleeding, apply pressure for 2–5 minutes and replace the bandages for an additional four hours.
- There are drinks and snacks available after your donation.
- Avoid heavy lifting and strenuous exercise for 24 hours to help prevent bruising and allow needle site(s) to heal.
- Some bruising, discoloration, and mild tenderness at the needle site(s) can be normal and should resolve on its own.
- You can expect your reimbursement to arrive 2–4 weeks after your donation.
- If you experience any adverse reactions or symptoms following your donation, please call the 24-hour Donor Services Nurse Line at (206) 398-5999. Please specify that you are a research donor.
- For any emergencies, please call 911.

Donation Centers

Bloodworks Northwest

921 Terry Ave.
Seattle, WA 98104

Bloodworks Research Institute

1551 Eastlake Ave. E
Seattle, WA 98102