



## Autologous Blood Donation

### Your Questions Answered

#### What is Autologous Blood donation?

When you give your own blood for use in a surgery that you will have in the near future.

#### How do you get an appointment for the blood to be collected from you?

The blood is collected by Hema-Quebec. The Pre-Admission Nurse will send a request to Hema-Quebec for them to determine if you are a candidate. If you are, Hema-Quebec will contact you with your appointments.



#### Where do you go?

When Hema-Quebec contacts you with your appointment, they will direct you to the proper Hema-Quebec address.

#### What is the procedure?

You will need to go to Hema-Quebec twice to have blood collected. The visits will be at least 1 week apart. Each visit will take 1 to 1 1/2 hours. Before each collection a small sample of blood will be taken from your fingertip. This sample will be tested to make certain that you have enough red blood cells to give during the collection. A blood donation expires after 42 days. If your surgery is postponed you may need to make another donation.

#### Why do you need to take iron pills (ferrous sulfate)?

Iron pills build up the number of red blood cells in your blood. Blood collection can cause the number of red blood cells to drop. In order to be sure that you have enough red blood cells for two blood collections and still have all the red blood cells that your body needs, you will need to take iron pills. You will be given a prescription for them at your pre-admission appointment.



#### When do you take your iron pills?

Start taking your iron pills the day **BEFORE** your first appointment at Hema-Quebec (one tablet 3 times a day). **Continue taking them for one month.** You may have side effects of constipation or stomach cramps.

#### What foods should you eat to build up your red blood cells?

Eat foods high in iron. The best foods for iron are: red meat, fish and poultry (chicken and turkey). The iron in these foods is easily taken up and used by your body. Other foods that contain iron, although not quite as easily used by your body, are dried fruit, whole grain cereals, dark green leafy vegetables and legumes such as lentils, dried peas or beans.



If you have any questions, please contact the Pre-Admission Nurse at (514)398-6644 ext. 00937 or in clinic at (514) 398-1529.

Reference: Medlineplus, National Library of Medicine, National Institutes of Health. Accessed, 2008/11/27  
<http://www.nlm.nih.gov/medlineplus/ency/article/002422.htm>

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