

Check first if you can donate on the day

There may be times when you cannot donate:

- ? Have you had any dental treatment in the last seven days, or are you having any ongoing dental work?
- ? In the last four months have you been outside of the UK – for any reason?
- ? Do you have a chesty cough, sore throat or active cold sore, or are you coming down with a cold?
- ? Have you had any infection in the last two weeks, or taken antibiotics within the last seven days?
- ? Are you pregnant, or have you had a baby, miscarriage or a termination in the last six months?
- ? Have you got, or have you had, any heart conditions?
- ? In the last four months have you had your ears, nose, face or body pierced?
- ? In the last four months, have you had a tattoo, semi-permanent make up or any cosmetic treatments that involved piercing the skin?

If the answer is 'yes' to any of the above, please call 0300 123 23 23 for further advice or to reschedule your appointment.



Seven-year-old Erin from Colchester relies on plasma medicines to treat a life-threatening disease.

Erin has immune thrombocytopenia (ITP). Her immune system destroys her platelets which stops

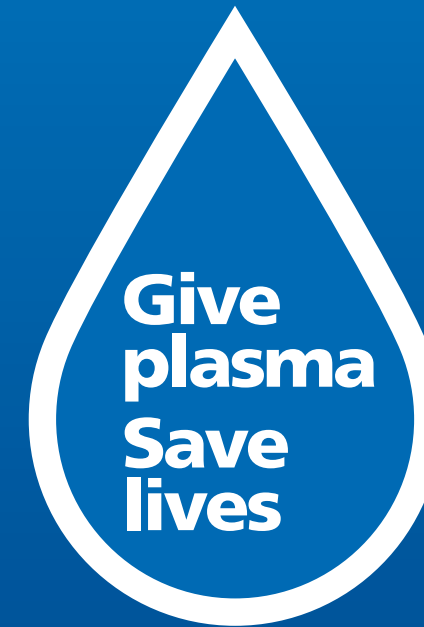
her blood from clotting. This means Erin can bleed or bruise even without the normal bumps and scrapes of childhood. If she bleeds, Erin is given immunoglobulins made from plasma, which stops her platelets being destroyed and means her bleeding stops. Erin has a range of other life-limiting conditions but lives life to the full thanks to donors and specialist treatment.

"She's a tornado of energy, cheeky and full of life. She loves dancing and singing. She is vulnerable, but she keeps going," said mum Helen.

Every three weeks, Simone receives intravenous immunoglobulins (IVIG), made from donated plasma, to help her fight potentially life-threatening infections.

Simone has primary immunodeficiency, a genetic disorder, and also suffers from a form of cystic fibrosis, which leaves her vulnerable to infections.

"I want people to understand that their plasma donations are liquid gold," said Simone.



To find out more visit blood.co.uk/plasma or call 0300 123 23 23



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NHS

Blood and Transplant

Your guide to plasma donation

How your plasma can be used to make life-saving medicines

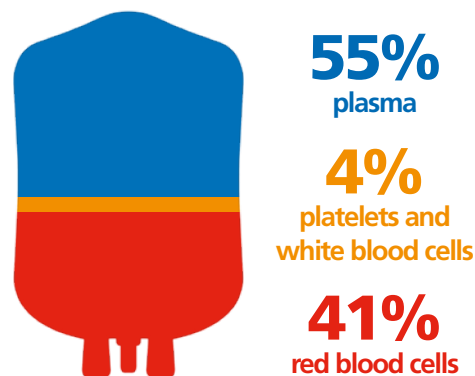


What is plasma?

Plasma is the liquid part of blood. It carries red blood cells, platelets and other cells around the body. When these cells are removed from blood we are left with a clear yellow liquid.

Plasma makes up approximately 55% of your blood, and contains important proteins such as:

- antibodies, or immunoglobulins, which fight infection
- clotting factors which work with platelets to stop bleeding and bruising



How will my plasma be used?

Your plasma will be frozen to ensure that important proteins remain active. It will be used to manufacture immunoglobulin-containing medicines. These medicines are made by mixing plasma from hundreds of donations and then separating out the immunoglobulins from the other proteins in plasma.

Who needs immunoglobulins?

Immunoglobulins are needed by patients who have genetic conditions and rare immune disorders that mean they can't fight off infection.

Many other patients can benefit from immunoglobulin treatment, including people with diseases affecting their kidneys, blood and nervous system. For example, children with Kawasaki disease, who don't receive treatment, can suffer serious complications that affect their hearts.

Why are we collecting now?

Until recently, plasma for medicines had to be sourced from overseas. The Department of Health and Social Care (DHSC) has now asked us to collect plasma here in England.

There is increasing demand for plasma around the world amidst a worldwide shortage of donors.

Plasma collected in England will be used to manufacture medicines to treat NHS patients.

Preparing to give plasma

A few days before your appointment

Check you can donate to save time and effort (see checklist overleaf).

Please avoid eating fatty foods at least 48 hours before you donate as these can affect the quality of your donation.

On the day of donating

Eat and drink as normal (while avoiding fatty foods). Drink fluids to stay hydrated.

You may like to bring something to keep you entertained whilst donating such as a book, tablet or music.



Wear clothes with loose-fitting sleeves so that it's easy to access your arm and please bring a face covering that covers your mouth and nose.

Please allow 75 minutes each time you donate plasma. This time includes being greeted, reading the welcome booklet, completing a health check questionnaire and having your veins checked. Donating plasma will take approximately 40 minutes.

Snacks and refreshments will be provided throughout your donation.

After donating

After your donation, you can return to normal activities (avoiding strenuous exertion or the use of heavy machinery) and enjoy the feeling of having just saved lives.

Making and rescheduling appointments

Appointments can be made and rescheduled at the donor centre when you visit or by calling 0300 123 23 23.

If you have an appointment during a public holiday or national event, please make an extra effort to attend, or reschedule within 48 hours.

