

You can donate at one of our plasma donor centres at:

Birmingham: 61 New Street
Birmingham
B2 4DU

Reading: Kennett Place,
121 Kings Road,
Reading
Berkshire
RG1 3ES

Twickenham: Floor 8,
Regal House,
70 London Road,
Twickenham
TW1 3QS



Sebastian receives medicine from plasma for a primary immunodeficiency because his body is not making enough antibodies to protect him against infections.

His illness is estimated to affect one in a million people and was discovered when he suffered repeated bouts of sepsis. The donor antibodies he receives give him improved protection.

Dad Curtis, who is a blood and plasma donor himself, said: *"It has been like liquid gold for him as it has kept him safe. It's life changing for him and us. He was very vulnerable to almost everything. Since he started on the immunoglobulin, he has been well."*

Alison has common variable immune disorder – her body does not make enough antibodies to fight off infections.



Alison said: *"Every time I prepare my infusion, I think about the person who has taken the time to donate so I can have a better of quality of life."*

"Plasma donors have given me the chance to be a mother and to enjoy things that I think many people take for granted. It leaves me very humble and very grateful."

Give plasma to help make life-saving medicines

To **find out more** visit blood.co.uk/plasma call 0300 123 2323 or scan the QR code



Plasma is used to treat over 50 different diseases

Giving plasma is as easy as giving blood and only takes around an hour



If you're the **giving type** book now at blood.co.uk/plasma



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

Who plasma helps

Over 17,000 people in England rely on medicines made from plasma, because when you give your plasma, you're giving more than you think. You're giving: **baby heart helping antibody adding disease destroying pregnancy protecting liver surgery supporting burn treatment boosting immune system improving life-saving plasma.**



Making your first plasma donation

Donating plasma is as easy as giving blood...

- Step 1** Come prepared – make sure you eat healthily, drink plenty of water and sleep well before your donation.
- Step 2** When you arrive at your appointment, complete a health check questionnaire.
- Step 3** Take a seat and give plasma.
The actual process of plasma donation takes around 35 minutes, but you should expect to be at the centre for about an hour.
- Step 4** Our wonderful staff will look after you throughout your donation – providing you with snacks and refreshments.
- Step 5** Plasma is collected and the remaining blood is returned back to you. Your blood volume will be back to normal within 48 hours, meaning you can be a life-saver as often as every two weeks, if you wish.

So you can sit back and relax, knowing that the time you are giving will help save and enhance the lives of so many others.

Who can donate plasma?

You can donate plasma if you:

- are available to travel to our centres in Birmingham, Reading or Twickenham
- are generally fit and well
- are between the ages of 17 and 65 and weigh at least 50kg (7st 12)
- have suitable veins and a normal pulse (we will check these before you donate)
- meet our donor eligibility criteria (we will discuss these with you before you donate)

