

It is important to understand that, in some cases, there may not be enough of your own donated blood to meet your needs. This means that there may be a chance you could need blood from volunteer donor.

Your blood will **always** be used first.

### What if I do not need my blood?

Your donated blood can only be used for you. It will be kept in the hospital blood bank until it can no longer be transfused. It can never be used for another patient. If you do not need it, it will be discarded. Autologous blood will last for 35 days from when it was donated.

### Notes

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### For more information call:

Canadian Blood Services at 1-888-236-6283.

The Autologous Blood Donor Clinic is located at:

35 Stonechurch Road: intersection of Golf Links Road  
and Stonechurch Road



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## Using your own blood for surgery

### ~ Autologous Blood ~

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Using your own blood is one of the safest forms of transfusion. By using your own blood you may reduce the risk of:

- getting hepatitis and other diseases
- allergic reactions from blood transfusion

The medical name for donating blood for your own use after surgery is Preoperative Autologous Donation or PAD for short. This is a process whereby your own blood is collected and stored for you to use if you need it during your hospital stay.

## How much can I donate?

You can donate up to 4 units of blood within about 4 weeks before surgery. You donate 1 unit per week and the last donation can be no later than 10 days before surgery. The amount of blood to donate will be decided by you and your doctor. It depends upon your medical condition and how much blood loss is expected as a result of your surgery.

## What is the first step?

The first step is to discuss this with your doctor.

PAD is not for everyone. It may be unnecessary for you and/or the type of surgery you are having. Your doctor also has to make sure that it is safe for you to donate your own blood and remain healthy for your surgery.

There are some reasons why PAD may not be recommended for you:

- You may have a medical condition that prevents you from donating your own blood.
- Your blood stores or hemoglobin level may not be adequate for you to donate blood. Your hemoglobin level shows how much oxygen your red blood cells can carry and this must be tested before each donation.
- You must be free of infection.

## Next steps

After you talk to your doctor, you will need to make an appointment with Canadian Blood Services or CBS. The blood transfusion coordinator can help you with these arrangements if you need help. Look on the front of this brochure for the phone number.

You will need to make sure that the iron stores in your body are boosted to help you to make more hemoglobin to replace the amount that you are donating. You should include healthy iron rich foods in your diet and you will need to take iron pills.

You should start this as soon as you know you will be donating your own blood for surgery and you should continue until after your surgery. Your doctor will advise you about how much iron you need to take.

Each unit of blood that you donate will be tested for blood type and diseases such as HIV and Hepatitis before it is stored for you. CBS will give you special tags that match to your blood units. You must bring these with you when you come to the hospital for your Pre-Admission Assessment Clinic appointment and the day of your surgery.

When all of your blood has been collected Canadian Blood Services will send it to the hospital blood bank.

## What if I cannot donate my own blood?

Canadian Blood Services has a supply of blood that has been donated by volunteer donors. These donors are carefully screened and their blood is tested to make sure that it is as safe as possible for others to receive.

## What happens at the time of surgery?

Your blood is identified as self-donated and kept in the hospital blood bank just for your use if you should need a transfusion during your hospital stay.

You must let your nurse and/or doctor know when you arrive at the hospital that you have your own blood available and give them the blood bag tags given to you by CBS. It is very important to call the hospital if your surgery is postponed or cancelled and let them know that you have donated blood for surgery.

Your blood type will be rechecked before any transfusion takes place.