



Autologous Donations Information

You may be making Autologous (aw-TOL-oh-gus) blood donations for your upcoming surgery. It is important to get started on your blood donation program as soon as you learn that you may need a transfusion. Listed below are general instructions to make the donation process easier.

Prior to Donation

- **Please make an appointment for your blood collection.**
- You or your physician must complete Section 1 of the Autologous Request Form (available from the Blood Bank of Alaska or your Doctor's office.)
- Have the doctor who will be performing the surgery complete Section 2 of the form. (This doctor will also need to complete the Section 4 if your surgery will take place outside of Alaska.)
- If you have a history of **cardiovascular problems, stroke or epilepsy**, the doctor who treats you for that condition will need to complete the Section 3 of the form.
- **We cannot accept Autologous donations without a completed Autologous Request Form.**
- If possible, please mail or fax the completed form to the Anchorage or Fairbanks office prior to the date of the first donation. This will expedite the donation process.

Frequency of Donation

- You can donate only one unit of blood at a time, and the whole blood unit(s) you donate expire 35 to 42 days after the date of collection. A patient can give blood as frequently as every 3 days (72 hours), although once a week is preferable. In general, the donation program should begin 4 to 5 weeks before surgery, and the donations should be evenly spaced if possible. The last donation should be completed at least one week prior to surgery if possible, however, it **MUST** be completed no less than 3 work days prior to your surgery.
- **Please call ahead to make an appointment.** We may need to consult with your physician before collecting your blood.

On the Day of Donation, You Will Need to:

- Eat at your regular mealtime.
- Bring a list of ALL medications you are taking.
- Bring your reading glasses if you use them.
- Be free of any cold, flu or allergy symptoms, and not be suffering from any bacterial infection (ie, not on antibiotics).

While at the Blood Bank, You Will Need to:

- Complete additional paperwork: Informed Consent and Medical History Questionnaire.
- Undergo a "mini-physical" (blood pressure, pulse, hematocrit, temperature) to determine your suitability to donate blood.
- Plan to be at the Blood Bank for an hour to an hour and a half.

Charges

- There is a charge per unit for collecting, testing, processing and storing of the blood.
- If your surgery is performed at a hospital in the state of Alaska charges will be billed through them. If your surgery is to be performed at an out of state facility, you are responsible for payment at the time of donation. In addition you must also pay for a one-time shipping fee for blood shipped out of state.
- Acceptable forms of payment are personal check, cashiers check or money order. Please do not bring cash.

Questions

- If you have any questions or feel that you need assistance in setting up your donation schedule, please feel free to contact us.
- Anchorage: (907) 222-5648, (907) 563-1371 fax
- Fairbanks: (907) 456-5645, (907) 456-5644 fax