



## **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 doctor must complete Section 1 of the Autologous Request Form (available from 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 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 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 will 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 workdays prior to your surgery.
- **Please call ahead to make an appointment.** We may need to consult with your doctor 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 (i.e., not be on antibiotics).

### **While at Blood Bank of Alaska, 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 Blood Bank of Alaska 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 a one-time shipping fee for blood shipped out of state.
- Acceptable forms of payment are personal check, cashier's check, money order, or a credit card. 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) 222-5673 or (907) 222-5646, Fax: (907) 563-1371
- Fairbanks: (907) 456-5645, Fax: (907) 456-5644