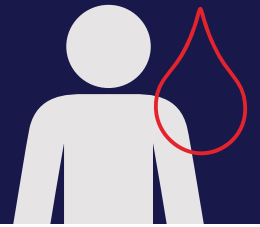


WHAT YOU NEED TO KNOW

Please read before blood donation



Before donation

- Just before donating, drink a minimum of 500 ml of water or juice and eat something salty. This promotes maintaining blood volume as well as ensuring a positive donation experience
- Ensure to eat well by avoiding fatty foods (e.g., bacon, fried foods, etc.).
- Agree to have Héma-Québec check:
 - temperature;
 - hemoglobin levels (hemoglobin is a protein containing iron that is found in red blood cells).
- Sign a consent to donation.
- Scuba Diving: Refrain from scuba diving within 24 hours prior to donating blood.

After donation

- Rest and drink plenty of fluids such as water or juice. Avoid alcoholic beverages.
- Keep the bandage on the puncture site for six hours.
- Avoid any intense physical activity for six to eight hours.
- In case of weakness: sit down with head between the knees or lay down with legs elevated for a few minutes. Depending on the donor's occupation or exercise practices, extra time may be needed before regular activities can be resumed (e.g., bus driver, heavy machinery operator, etc.).
- In case of weakness while driving: park safely and resume driving when feeling well, or ask for assistance.
- Contact Héma-Québec at 1 888 666.HEMA (4362) if you experience an adverse reaction.
- Scuba Diving: Refrain from scuba diving within 24 hours after donating blood.

Tests conducted

Héma-Québec analyzes all the blood donations it collects to detect blood-borne diseases:

- hepatitis A, B and C;
- human T-cell lymphotropic virus (HTLV I/II);
- syphilis;
- human immunodeficiency virus (HIV);
- West Nile virus (WNV);
- phenotypes (ABO and Rh);
- parvovirus;
- any other test necessary in connection with the mission of Héma-Québec.

Original text in French. In the event of a discrepancy between the English and French versions, the latter will prevail.

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In the event of positive result:

- the donor is notified and his or her results are kept confidential, but are shared with Canadian Blood Services to determine the length of time during which he or she cannot donate;
- the local Director of Public Health will be notified of a positive result in cases where the law requires it.

Adverse reactions

In general, donors do not feel any unpleasant sensations during the blood collection process. However, the following adverse reactions and discomfort can occur:

- ecchymosis (bruise) at the puncture site;
- pain or numbness in arm;
- nausea, vomiting, fainting;
- fatigue the day after donation;
- inflammation of a vein in the arm (superficial phlebitis).

Use of personal informations

The products collected are used for transfusions. On rare occasions, they may also be used for teaching purposes, specialized laboratory analysis (transfusion medicine), product quality control or international assistance.

Héma-Québec collects personal information from donors through their interactions with staff and via completed questionnaires. This information is required in order to make a blood donation. This information, including test results, is used to determine eligibility for blood donation, manage donations and communicate with donors.

Héma-Québec may disclose information to Canadian Blood Services and to hospitals or other blood transfusion centres, some of which are located outside Quebec, for blood recipient safety purposes.

Donors can view their personal information and have it corrected by contacting the person responsible for access to documents and protection of personal information at:

responsable.acces@hema-quebec.qc.ca

How to prevent iron deficiency associated with blood donation?

A blood donation contains a lot of iron. Therefore, it is possible that your iron stores may need to be replenished with a prescription for oral and/or intravenous iron, which will be provided by the doctor who prescribed the autologous donation.

At any time, the donor may change his or her mind and decide not to donate.

For more information

1-888-666-HEMA (4362), ext. 5404
www.hema-quebec.qc.ca

