



Making an apheresis donation is safe and easy.

Donor safety is our top priority — automated blood collections are very safe.

During the donation, blood is drawn from one arm using a sterile needle and channeled through single-use tubing into a single-use sterile collection kit within the apheresis machine. The machine spins the blood to separate it, collects the most needed components and safely returns the remaining blood through the same sterile needle used for collection.

To make sure that only a safe amount of blood is taken, the collection process is customized based on the donor's physical size and donation frequency, as well as multiple other factors.

We believe blood donors deserve to be comfortable. To ensure that our donors enjoy the best experience possible during the collection, we offer them the opportunity to surf the Internet, send e-mails, or relax and watch a movie. Whether they choose to work or play, they'll never have to sacrifice their personal time while donating.

Who can make an apheresis donation?

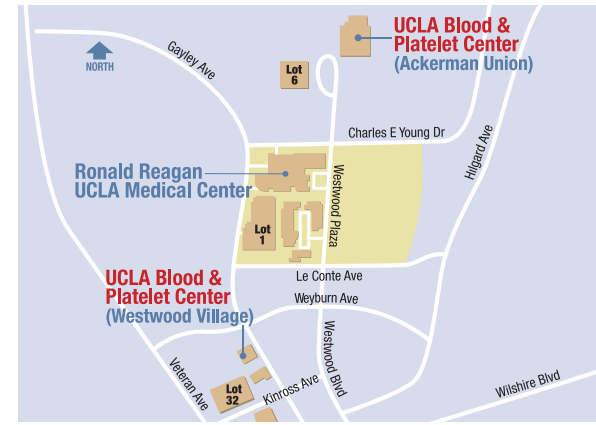
To qualify, donors must meet all required blood donation standards, including:

- Be at least 17 years old. Donors under the age of 17 require parental consent. No upper limit.
- Weigh at least 110 pounds.
- Be in good general health.
- No fever, cold, flu, sore throat or any other infection on the day of donation.
- Have not taken antibiotics for an infection within 48 hours prior to donating.
- No history of hepatitis.
- Never used intravenous drugs.
- Have not had sex with another man (even once) since 1977.
- Have not traveled to a malaria risk area in the past 12 months.
- Have not had certain types of piercings in the past 12 months.
- Have not had a tattoo in the past 12 months.

In addition to the above requirements, platelet donors must also meet the following:

- Have a good vein in at least one arm.
- Have not taken aspirin-like medications or anti-inflammatory drugs (e.g., Excedrin, Motrin, Ibuprofen, Advil, Nuprin, Naprosyn, certain cold/flu medicines, some cough syrups and other similar medications) **three days prior** to the donation. Plain Tylenol (acetaminophen) is acceptable.
- Females with a history of four or more pregnancies (including miscarriages and abortions) may not donate platelets, but they are able to donate whole blood.
- Must be willing to allow approximately 2½ hours for the entire donation process.

The above list is not complete. For a complete list, including travel restrictions, and to make an appointment to donate, please call (310) 825-0888 or go to: www.gotblood@ucla.edu.



How easy will it be to park and find the UCLA Blood & Platelet Center?

We are located at 1045 Gayley Avenue, two blocks north of Wilshire Blvd. between Kinross and Weyburn avenues. We have several parking options available:

- **Lot 1 (at UCLA Medical Plaza)**
- **Lot 32 (one block north of Wilshire Blvd.)**

We also have a location on the UCLA campus in Ackerman Union with parking available in Lot 6 (on Westwood Plaza). We do not validate parking for any of the public lots. When you call for an appointment, please discuss the parking options, or visit our website for details.



Blood & Platelet Center

WESTWOOD VILLAGE:
1045 Gayley Avenue, Los Angeles, CA 90024

UCLA CAMPUS:
Ackerman Student Union, A-level

(310) 825-0888 e-mail: gotblood@ucla.edu
www.gotblood.ucla.edu

What type of hero are you?

Apheresis Donor

Be a hero. Donate blood.



What is apheresis <a-fe-ree-sis>?

Apheresis is the process of separating blood into its different components: platelets, red blood cells (RBCs) and plasma. Apheresis donations allow us to collect what our patients need and return the rest of the blood to the donor.

Platelets are essential for blood clotting.

Platelet transfusions are routinely needed to support patients undergoing cancer therapy, open-heart surgery or organ transplantation, as well as for patients with bleeding disorders. Platelets have a very short shelf life and must be transfused within five days of collection. This requires constant replenishment of the hospital supply. Platelet donations can be made up to 24 times per year.

Red blood cells (RBCs) carry oxygen to all parts of the body.

Red cell transfusions are most needed after significant blood loss due to trauma or surgery, or to treat anemia. A single red blood cell donation can be made every eight weeks; a double RBC donation, collected by apheresis, can be made every 16 weeks. Eligibility for a double red cell donation has special requirements, including higher hemoglobin levels. Type O donors are in high demand because they are “universal” red cell donors. Their RBCs can be used for transfusion for patients with any blood type.



Plasma is the liquid portion of the blood containing critical clotting factors.

Plasma is used to treat patients with coagulation factor deficiencies, such as patients with liver failure, and those patients with certain bleeding disorders. Plasma donations can be made every four weeks. Type AB donors are in high demand because they are “universal” plasma donors. Their plasma can be used to treat all patients.

How will my blood donation help UCLA patients?

A cancer patient can require up to two units of platelets per week.

An automobile accident victim can use up to:

- 50 units of red blood cells
- 5 units of platelets
- 50 units of plasma

A liver transplant recipient uses on average:

- 25 units of red blood cells
- 5 units of platelets
- 40 units of plasma

A stem cell transplant recipient can use up to:

- 10 units of red blood cells
- 10 units of platelets with ongoing outpatient transfusion needs

A heart surgery patient uses on average:

- 7 units of red blood cells
- 2 units of platelets
- 4 units of plasma

What are the benefits of an apheresis versus a whole blood donation?

Apheresis donors can help more patients by donating additional units during each donation.

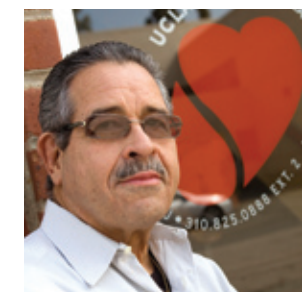
- Apheresis collections are optimized based on donor/patient blood types, the donor’s ability and desire to donate, and the patients’ transfusion needs.
- Only the needed blood components are collected for our patients; the other components are returned to the donor.

Be a hero. Make an apheresis donation!

Apheresis donors are extraordinary people. They are called upon to make special kinds of donations to give select components — platelets, red blood cells and plasma. Apheresis donations are an essential part of treatment for patients with cancer and other life-threatening medical conditions.

By becoming an apheresis donor, you can make a huge contribution to these critically ill patients with special transfusion needs.

Do something extraordinary and donate today!



Paying it forward

At 4 years old, Tonilea Guimond seemed to be coming down with the flu. Concerned about her blood work, her pediatrician immediately sent Tonilea to UCLA, where she was diagnosed with acute lymphoblastic leukemia (ALL). Since then, Tonilea has spent countless weeks in the hospital while undergoing chemotherapy treatments and receiving numerous blood and platelet transfusions. “These blood products have allowed her to thrive,” reports her mother, LeAnne. Knowing what a difference blood donations can make, LeAnne is now regularly donating blood herself and has signed up to be a bone marrow donor. She urges others to do the same and give the gift of life.

“The support of our friends and community for our family has been astounding. We also want to thank all the unknown heroes who have given the blood and platelets Tonilea has needed.”

— LeAnne Guimond, mother