UCLA Health

Blood & Platelet Center

Platelet Donor (Apheresis)

What is apheresis?

Apheresis is the process of separating blood into its different components: platelets, red blood cells and plasma. Apheresis donations allow us to collect the components 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. A single donor can donate platelets 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 (also called a whole blood donation) can be made every eight weeks; a double RBC donation (donating two units of RBCs during one donation) is collected by apheresis and 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 whose 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 or certain bleeding disorders. Plasma donations can be made every four weeks. Type AB donors are in high demand because they are "universal" plasma donors whose plasma can be used to treat all patients.

How will my blood donation help UCLA patients?

A cancer patient can require on average:

- 2 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 requires, per procedure, on average:

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

A stem cell transplant recipient can require, per procedure, on average:

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

A heart surgery patient requires, per procedure, 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 patient transfusion needs.
- Only the needed blood components are collected for our patients; the other components are returned to the donor.

How many lives will U save?

Apheresis donors are extraordinary people, and their 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 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," says 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

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 its different components, collects the most needed elements and safely returns the remaining blood to the donor 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.

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.

Who can make an apheresis donation?

Donors must meet all required blood donation standards:

- Be at least 17 years old, or, if under the age of 17, have parental consent. There is no upper age limit.
- Weigh at least 110 pounds.
- Be in good health.
- Have no fever, cold, flu, sore throat or other infection on the day of donation.
- Have not taken antibiotics for an infection in the last 3 days.
- Have no history of hepatitis B or hepatitis C.

- In the past 3 months, have not used needles to take, drugs, steroids, or anything else, unless prescribed by your doctor.
- Have not had sexual contact with a new partner and have had anal sex in the past 3 months.
- Have not had sexual contact with more than one partner and have had anal sex in the past 3 months.
- Not traveled to malaria-risk areas in the past 3 months.
- Not had a non-sterile needle stick/body piercing in the past 3 months.

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

- Have a good vein in at least one arm.
- Have not taken aspirin or aspirin-containing medications three days prior to the donation.
- Female donors with history of pregnancy require HLA antibody testing. HLA antibodies pose absolutely no risk to you. However, if transfused to another person HLA antibodies can cause a rare but very serious complication in the transfusion recipients. Donors negative for HLA antibodies may become platelet donors; however donors positive for antibodies may donate whole blood.
- Be willing to allow approximately two-and-half hours for the entire donation process.

For a complete list of requirements and to make an appointment to donate, please call 310-825-0888 Ext. 2, or visit: uclahealth.org/gotblood

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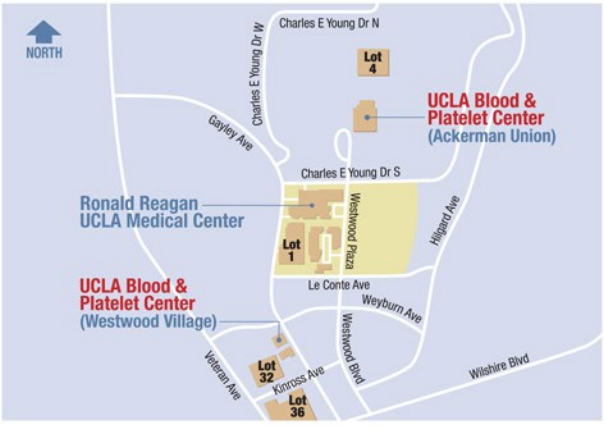

Locations and parking

Our Westwood Village center is 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 4 (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.

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

UCLA CAMPUS:
Ackerman Student Union, A-level

310-825-0888
E-mail: gotblood@mednet.ucla.edu
uclahealth.org/gotblood

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