

INFORMATION FOR PATIENTS UNDERTAKING AUTOLOGOUS DONATION

The St. Vincent's Pathology Autologous Blood Donation service enables you to provide your own blood should you require a blood transfusion at the time of your operation.

To assist you with any questions you may have we have compiled this brochure.

THE PROCEDURE

The procedure involves the collection of up to 450mls of blood at weekly intervals immediately preceding your operation. Routine blood tests are performed prior to each autologous collection.

Following the procedure you will be monitored for one hour, which means you, will require at least 2 hours for the entire procedure.

PREPARATION FOR THE PROCEDURE

1. Commence taking iron tablets 1 week prior to your first donation and continue until you are admitted to hospital (or as instructed by your doctor).
2. Continue taking any medication as authorised by your doctor.
3. Eat a normal meal and include fluids.
4. Drink plenty of fluids the day prior to and up to the procedure.
5. Wear comfortable clothing.

BRING WITH YOU

1. St Vincent's Pathology request form.
2. Request for Autologous Blood collection form and the consent form signed by your doctor and yourself. (*Overleaf on Request for Autologous Collection*)
3. Medicare card

FOLLOWING THE PROCEDURE

1. You may drive a car; however it is preferable to have someone else drive for you.
2. If you feel light headed or dizzy you may need to lie down and rest.
3. Drink plenty of fluids.
4. If the venepuncture site starts to bleed, raise your arm and apply continuous pressure to the site for approximately 10 mins or until the bleeding stops.
5. Bruising may appear at the venepuncture site, this will disappear within a few days and should cause not concern.

DIETARY SOURCES OF IRON

All people of all ages need a regular intake of iron in their diet. Most of this iron is used to make haemoglobin, the oxygen carrying pigment in red blood cells. When there is too little haemoglobin, iron deficiency anaemia may be present. After giving blood, your haemoglobin level will drop and it is then important to consume a diet with an adequate amount of iron.

The best sources are: **Iron (mg)**

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| ○ Pate or 1 slice liver (60 gms) | 8.5 |
| ○ Kidney, 1 (35 gms) | 4.9 |
| ○ Beef, 2 slices (75 gms) | 3.8 |
| ○ Lamb, 2 slices (75 gms) | 2.1 |
| ○ Sardines, 4 | 2.1 |
| ○ Chicken, 2 slices (75 gms) | 1.6 |
| ○ Fish, 1 piece (120 gms) | 1.6 |
| ○ Liverwurst, 1 slice (30 gms) | 1.3 |

The following foods are a good source but the absorption of iron is improved if you eat the following items with some meat, fish or poultry, or a Vitamin C rich food (eg tomato, citrus fruit or juice, at the same meal;

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| ○ Soy beans, ½ cup | 4.6 |
| ○ Baked beans, ½ cup | 2.0 |
| ○ Lentils or lima beans, ½ cup | 2.0 |
| ○ Almonds, ¼ cup | 2.0 |
| ○ Wholegrain bread, 2 slices | 1.9 |
| ○ Broccoli, 1 flower | 1.4 |
| ○ Oats, cooked, 1 cup | 1.4 |
| ○ Leafy vegetables, ½ cup | 1.4 |
| ○ Dried apricots, 6 pieces | 1.1 |
| ○ White bread, 2 slices | 0.5 |
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Appointment details see over

