

You Have Options

If you are planning to have surgery, ask your physician if you will receive blood as part of your treatment. If blood is needed, it is important to know your options. You have several options available if you need blood during or immediately following surgery:

- Donate blood for yourself (autologous donation).
- Choose your own donors to give blood for you (directed donation).
- Receive blood from the community blood supply.

Some patients may have an underlying medical condition that may make them ineligible to donate blood for themselves.

The American Red Cross collects and distributes almost half the blood used for transfusions in the United States. All American Red Cross blood is from volunteer donors.



**American
Red Cross**

**The need is constant.
The gratification is instant.
Give blood.™**

Locations Near You

The American Red Cross has many convenient locations for blood donations. Please contact the American Red Cross to make an appointment at the donation center nearest you. The donation process takes approximately one hour.

Pacific Northwest Region

Toll Free: 800-922-6444

Direct: 503-280-1443

Oregon

Deschutes County
Blood Center
2680 NE Twin Knolls Dr.
Bend, OR 97701

Mid-Columbia
Medical Center
1730 E. 12th
The Dalles, OR 97058

Three Rivers
Outpatient Center
1505 NW Washington Ave.
Grants Pass, OR 97526

Klamath Basin
Donor Center
2312 South 6th St., Ste B
Klamath Falls, OR 97603

Jackson County
Blood Center
1174 Progress Dr., Ste 102
Medford, OR 97504

Pacific Community Hospital
930 SW Abbey, Ste E
Newport, OR 97365

Portland Donor Center
3131 N. Vancouver Ave.
Portland, OR 97208

Roseburg Donor Center
780 NW Garden Valley Blvd.
Roseburg, OR 97470

Salem Donor Center
475 Cottage St. NE, Ste 110
Salem, OR 97301

Washington

Longview Special
Collections
Trinity Lutheran Church
2021 Washington Way
Longview, WA 98632

Richland Donor Center
447 Wellsian Way
Richland, WA 99352

Clark County Donor Center
5109 NE 82nd Ave.
Vancouver, WA 98662

Yakima Donor Center
302 S. 2nd St.
Yakima, WA 98901

Autologous or Directed Blood Donations



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Community Blood Supply

Who donates blood?

The community blood supply comes from healthy, volunteer donors nationwide. American Red Cross Blood Services collects, tests and distributes almost half the blood used in the United States.

Why should friends and family members donate to the community blood supply?

To help guarantee a safe and adequate blood supply, please encourage healthy friends and family members to give blood on a regular basis. Every two seconds, someone needs blood, and the blood supply has to be constantly replenished.

Is the community blood supply safe?

Through screening of donors and advanced blood-testing methods, the American Red Cross maintains a safe as possible volunteer blood supply. All blood is tested for HIV, hepatitis, and other diseases.

What are the benefits?

If you need blood during surgery, the benefits of receiving blood from the volunteer supply far outweigh any remote risks of transfusion reaction or transfusion-transmitted disease.

Do I have to make prior arrangements?

No. Your doctor will decide how much blood is needed and will make arrangements with your hospital to have blood from the American Red Cross available.

Is there a charge for blood?

As a not-for-profit organization, the American Red Cross operates on a cost-recovery basis to cover expenses involved with collecting, testing and distributing blood. To recover these costs, the American Red Cross charges the hospital. The hospital includes this charge on its bill to you.

How do people donate to the community blood supply?

To schedule a blood donation, or for more information about donating blood to the community supply, please call 1-800-GIVE-LIFE (1-800-448-3543).

Directed Donations

What is a directed donation?

You choose your own donors to give blood for your surgery. To arrange a directed donation, your physician must submit a written request for the American Red Cross to collect blood from the donors you select.

As a patient, you must give consent for this procedure.

What should I consider when recruiting donors?

- You need donors whose blood types are compatible with yours.
- Most healthy people who meet the minimum age requirement and who weigh at least 110 pounds may be eligible to donate once every 56 days. Check with your Red Cross representative.

Carefully consider the following:

- There is no evidence that patients can select safer donors than the volunteer blood system provides.
- All blood products are tested for HIV and other infectious diseases, which further enhances the safety of the blood supply.
- Social pressure associated with directed donations may compromise the reliability of the donor's answers to health-history questions.

In some cases, special handling fees may apply to directed and autologous donations. Check with your Red Cross representative to determine how these fees will be billed.

Autologous Donations

What is an autologous (self) donation?

You donate blood for yourself before a scheduled surgery. If you need a transfusion, you'll receive your own blood. Your physician must submit a written request in advance to the American Red Cross for self-donation.

If this will be your first time giving blood, you may want to ask a family member or friend to accompany you to the donation center. Although most people feel fine before and after donating blood, a small number of people may have:

- an upset stomach
- a faint or dizzy feeling, or
- a black-and-blue mark, redness, or pain.

Very rarely, a person may faint, have muscle spasms, and/or suffer nerve damage.

When can I donate blood?

Check with your Red Cross representative to determine the appropriate schedule of your donations to assure that your blood is available at the time of your surgery.

Your blood is collected by qualified American Red Cross staff. It is tagged, tested, processed and delivered to your hospital for your use during or immediately following your surgery.

What should I do before donating?

- Eat a balanced meal the day you donate.
- Take regularly scheduled medicines and bring a list of current medications each time you donate.
- Check with your physician about taking iron supplements.
- Get a good night's sleep.
- Increase your fluids the day before and the day of your appointment.
- Bring your photo I.D.