

**What type of hero
are you?**

**Directed
Blood Donor**

Be a hero. Donate blood.

UCLA



What is directed donor blood?

Patients who may need a transfusion can ask a friend or relative to donate specifically for them. These donors are called directed donors. Their donation is reserved for the intended patient, provided it is “compatible.” If the directed donor is not compatible, and therefore not safe for the patient, the directed donation will be made available for another patient. In this way, directed donations also help ensure that there is an adequate blood supply for all our patients.

Does a patient need directed donor blood?

The decision to use directed donations in place of volunteer community donations should be made after discussing the patient’s blood requirements with his or her physician. The UCLA Blood & Platelet Center will meet the patient’s transfusion needs whether or not he or she chooses to have directed donors. The UCLA Blood & Platelet Center routinely stocks blood products collected from volunteer community donors. These products are available to all patients who need a transfusion.

Are there extra charges for directed donor blood?

No, there are no additional charges to the patient or the donor for directed donations if the blood donation is collected and processed at UCLA.

How safe are directed donor blood products?

While directed donations are sometimes perceived to be safer than volunteer community donations, there is no current scientific information that suggests this is true. Blood products from both directed and community donors are screened and tested in exactly the same way for diseases that can be transmitted by blood, including but not limited to different kinds of hepatitis, HIV, HTLV-I/II and syphilis.

What does the patient need to do?

First, the patient should discuss this option with his or her doctor. If the decision is made to use directed donations, the doctor must send a request to the UCLA Blood & Platelet Center. Before an appointment can be scheduled for any directed donors, the patient must have a hospital ID number. To obtain an ID number, the patient must call the admissions department of the appropriate facility:

**Ronald Reagan UCLA Medical Center
(Westwood): (310) 267-8000, Option 1**

**Santa Monica-UCLA Medical Center and
Orthopaedic Hospital: (424) 259-6611**

Next, the patient should call the UCLA Blood & Platelet Center at (310) 825-0888, Option 1, to speak with a member of our directed donor office staff, who will answer all questions and coordinate all directed donations.

Then, the patient asks potential donors to call the UCLA Blood & Platelet Center to make appointments to donate.



What does the directed donor need to do?

A directed donor should call the UCLA Blood & Platelet Center at (310) 825-0888, Option 1, to schedule an appointment no less than three days before the scheduled transfusion. All donors need to show a photo ID prior to donating blood.

Who can give a directed donation?

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

- Be at least 17 years of age or older (donors under 17 years of age require a UCLA Blood and Platelet Center parental consent form); there is no upper age limit. Call prior to scheduling an appointment if you are under the age of 17.
- 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.
- Must not be the husband or boyfriend of the patient if female recipient is of childbearing age (blood from a husband or boyfriend could complicate future pregnancies).

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 or aspirin containing products for **three days prior** to the donation. Plain Tylenol (acetaminophen) and Ibuprofen are 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, Option 1, or go to: www.gotblood.ucla.edu.

How often can you donate?

Blood can be donated once every 56 days (eight weeks), platelets once every 7 days and plasma once every 28 days (four weeks).

In special cases, directed donors may be allowed to donate more frequently for the same patient. The donor must meet all eligibility requirements (including the minimum hemoglobin level) and be approved by the UCLA Blood & Platelet Center medical director, or designee, as a frequent directed donor (FDD).

What units will be blood type compatible?

Donor blood group is determined after a blood donation is made. Only directed donations that are compatible with the patient's blood type are reserved. Non-compatible donations are released to the general blood supply for use by another patient.

Patient blood type	Compatible red cells
O Pos	O Pos or O Neg
O Neg	O Neg
A Pos	A Pos or A Neg O Pos or O Neg
A Neg	A Neg or O Neg
B Pos	B Pos or B Neg O Pos or O Neg
B Neg	B Neg or O Neg
AB Pos	AB Pos or AB Neg A Pos or A Neg B Pos or B Neg O Pos or O Neg
AB Neg	AB Neg, A Neg B Neg, O Neg

**The chart lists compatible blood types for red blood cell transfusions only and is not applicable for platelet and plasma transfusion. Please call (310) 825-0888, Option 1, for more information regarding platelet and plasma compatibility.*

When should directed donations be made?

Donations are usually available for transfusion three days after donation, provided they pass all required testing and processing steps. For adults and children at least 4 months old, it is recommended that directed donations for red blood cells be made one to three weeks before the surgery or transfusion date. For babies less than 4 months old, donations must be made 10 days or less before the surgery or transfusion date. Due to the limited viability of platelets, all directed platelet donations must be made 3-5 days prior to surgery or transfusion in order to guarantee availability.

How does a patient know how many directed donor units are reserved?

Only the number of units requested by the physician will be held in reserve. Patients (or a family member) are responsible for keeping track of the number of reserved directed donor units and may call the UCLA Blood Bank at (310) 267-8150 for the number of units available for the patient. Remember that not all donors may be eligible to donate, and some donated units may not be available because they were not compatible or did not pass testing requirements. Donor screening and testing results are absolutely confidential and given only to the donor.



What if enough directed donors can't be recruited to meet the patient's needs?

If an adequate number of qualified donors for the patient's transfusion needs cannot be recruited, or if additional blood products are ordered by the patient's physician, the additional products will be provided by the UCLA Blood Bank from volunteer community donors.

How long can blood be stored?

National standards dictate the maximum time a unit of blood can be stored. Whole blood is separated into red blood cells (RBCs) and frozen plasma (FP). At UCLA, RBCs are stored for 35 or 42 days. FP is kept frozen for one year. Platelet donations are stored for 5 days. Some processing steps and special modifications requested by doctors can shorten these storage times.

How long will directed donations be reserved for a specific patient?

Directed donor RBCs and/or FP are held until five days before the RBC unit expires. Platelet units are usually held until the afternoon prior to expiration. Then, they are automatically released to the general supply for other patients to use.



In what order will directed donations be used?

Autologous donations (when a patient donates his or her own blood) are transfused first. Directed donations are used next. The order in which directed donations are used is determined by the blood type and expiration dates. If additional blood is needed after all directed donor products are transfused, blood products from volunteer community donors will be used.

Can donations be made elsewhere?

Directed donations may be made at outside donor facilities and shipped to UCLA. The processing and transport of these donations may take up to one week, and there may be shipping and handling fees. The patient and his or her physician will need to make advance arrangements with the outside blood collection facility. Associated costs vary with each collection facility. UCLA does not pay for directed donations to be shipped from outside blood collection facilities. Call the UCLA Blood Bank at (310) 267-8150 for more information.

What if directed donations are made at the UCLA Blood & Platelet Center and the patient's surgery or medical treatment isn't performed at a UCLA hospital?

If directed donation has already been made, immediately notify the UCLA Blood Bank at (310) 267-8150. Transporting blood to other hospitals requires extra time and may add additional costs. If it is possible, these units may be transferred to any requested facility in California.

What is a platelet donation?

Some patients, especially those receiving chemotherapy and undergoing heart surgery, require platelet transfusions. If a patient's doctor orders platelets, directed donations by friends and relatives are encouraged. Platelets can be stored for five days. It is preferable to donate platelets three days prior to the scheduled procedure and transfusion.

Platelet donors must meet the same criteria as whole blood donors. In addition, they must have a good vein in at least one arm.

Platelets are collected by apheresis, which uses a medical device called a cell separator to process the donor's blood, collect the platelets and return the remaining red blood cells to the donor. The entire process takes about 2½ hours.

Be a hero. Make a blood donation.



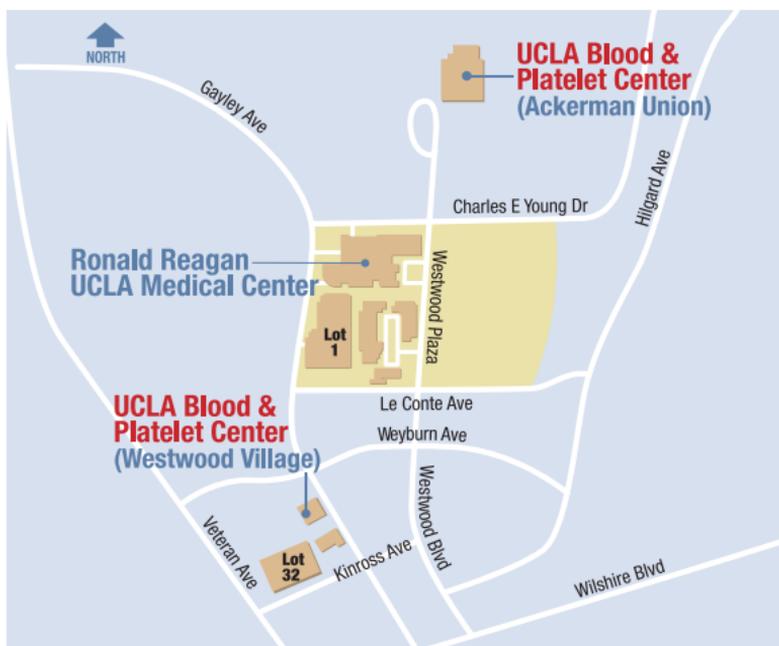


Family finds blessings during tragic journey

Katherine Arnold Wolf was enjoying a successful modeling and acting career in California. Her husband, Jay, was finishing a law degree, and their infant son was thriving. But everything changed in an instant, when Katherine suffered a rupture of an arteriovenous malformation (AVM) at the base of her brain. Deeply religious, Katherine, Jay and even her doctors use the word “miracle” to describe how she survived the rupture and 16 hours of subsequent surgery — a surgery that required a staggering 10 percent of UCLA’s blood resources used that day. Her steady progress learning to eat and walk again, chronicled on www.hope-heals.com, has captured a huge following.

“We are eternally grateful for all UCLA has meant and continues to mean to us. The blood bank is certainly near the top of our list of things that we all take for granted but are unbelievably thankful to have access to when we need it. Without such a readily available supply of blood, Katherine would very likely not be here today.”

— Jay Wolf, husband



Where is the UCLA Blood & Platelet Center and where do you park?

All directed donations must be collected at our Westwood Village location.

We are located at 1045 Gayley Avenue, just north of Wilshire Blvd. between Kinross and Weyburn avenues.

Parking in select locations is provided for donors. When you call for an appointment, please discuss the parking arrangements or visit our website at www.gotblood.ucla.edu for detailed information.

** We do not validate parking for any public lots.*



Blood & Platelet Center

1045 Gayley Avenue, Los Angeles, CA 90024
(310) 825-0888 e-mail: gotblood@ucla.edu
www.gotblood.ucla.edu