

Platelet donors needed!!!!

What is a platelet donation?

Platelets (Thrombocytes) are cells responsible for the bleeding control in our body. They are predominantly transfused to help cancer patients, patients after severe accidents and patients who will be undergoing big operations. As the platelets are very fragile cells, the shelf life of a platelet donation is only 7 days, and that is why, **we are urgently looking for platelet donors.**

The donation process is performed with the help of a special machine, aimed at the collection of the platelets and return of the remaining blood cells and plasma to the donor. As a donor, regardless of the donation type, the risk of infection during a donation is nearly zero as all of our procedures are performed under clean conditions.

The donation process

Much like a blood donation, a needle will be inserted into a vein in your arm. A small portion of your blood will then pass through a closed and sterile tube-system enriched with Citrat. Citrat is a substance which, for a short while, prevents blood from clotting. In this form the blood is moved to the centrifugation stage where the plasma (the liquid part of the blood) is separated from the cell part. The platelets are then collected and saved with a small amount of plasma, as the rest of the cells and plasma are returned to the donor. The returned blood contains a small concentration of Citrat, which will be degraded in the liver within a few minutes.

Preparation for the donation

- Good veins at the elbow fold on both sides
- At least one previous successful blood donation.
- Platelet count of at least 150.000 per micromol.
- The readiness for a donation duration of 45-75 minutes.

Good to know:

Making the appointment: due to technical reasons the platelet donation must take place in one of our Blood-Centers as the process is also logistically complex. An appointment should always be scheduled or changed via our Donor- Call Center (Spenderbüro) 058 272 52 52.

Donation frequency: as blood platelet regenerate faster than red blood cells and the plasma compensation occurs even faster, a donation interval of 6 weeks is recommended; in some cases it may even be shorter.

Nutrition: a day before the donation it is advised to refrain or minimize the intake of fatty foods such as: rich sauces, fried dishes and cheese. Fat degradation in our body is a slow process and causes the blood plasma to be very cloudy (lipemic) which makes the further processing of the blood impossible. In such a case, the donation must be stopped and the product disposed of.

However a sufficient amount of hydration (1-2 liters of water) on the day of the donation will make the process easier.

Medication: 5 days prior to the donation the use of Aspirin or Aspirin-containing medication is prohibited as these substances influence the function of the platelets. The following medications **can** be taken 5 days before the donation: Panadol, No-Flu, Pretuval, Neo-Citran. Other preparations may linger in the blood plasma and have a negative effect on the recipient. We advise to list all taken medication before the donation and/ or contact our Donor-Büro (Spenderbüro) with further questions.



Side effects: Citrat binds calcium, which may cause a prickly feeling around the mouth, at the finger tips and toes. This side reaction is harmless and usually subsides after taking a few sips of water or a few sips of a special calcium containing drink or ingesting a calcium tablet. Circulation disturbances are seen rarely during or after the donation. No limitations were reported even after many years of platelet donation. You will be further informed about the different possible side-effects of the donation during an individual consultation with our house doctor. Also, prior to the platelet donation you are required to fill out our questioner as the initial blood amount will undergo our routine infection screening for HIV, Hepatitis-B, Hepatitis-C and Syphilis. Please inform us as soon as possible in case of an illness (**with or without fever**), when possible, a week before the scheduled donation.

We thank for your interest, and hope to see you next time for a platelet donation in one of our centers.

Please feel free to contact us at any time, we will be happy to answer any question.

Best regards

Your Team of the Zürich Blood Donation Center.