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## Steps of Donation

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### Donor Information

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#### 1) Join OneMatch Stem Cell and Marrow Network.

Anyone between the ages of 17 and 50 who is in good general health can join. Volunteers should be committed to helping any patient in need. To register, you can visit [www.onematch.ca](http://www.onematch.ca) and fill out the online registration form. If joining online is not possible, call **1 888 2 DONATE (1-888-236-6283)** to have a registration package mailed to you. In both cases you will complete a short health assessment questionnaire and consent to be listed on the database. Once we have received the health assessment and consent form, we will contact you to make arrangements to have you tested. Your typing results will be added to our database, and you will be included when we search for possible donors for patients in need.

#### 2) Stay committed and available.

OneMatch conducts searches to find a donor whose Human Leukocyte Antigens (HLA) match that of the patient in need of a stem cell transplant. In the event that you come up as a likely match, we will contact you. If you agree to proceed, further blood tests will be scheduled to determine the full extent of your compatibility and to test for transmissible diseases.

A life-saving stem cell transplant can only proceed if we are able to locate a matching donor. It is critically important that you let us know when your contact information changes. This can be done by visiting our website at [www.blood.ca](http://www.blood.ca) or by calling us toll-free at **1 888 2 DONATE** to provide your new address and telephone number. We also appreciate being advised if your health status has changed since it may affect your eligibility to donate.

eligibility to donate.

### 3) Comprehensive Health assessment.

We take no chances with you or the recipient's well-being. Your health will be thoroughly assessed to make certain that you can safely proceed and to ensure that your health background does not pose a risk to the patient. If you are selected to donate, you will be guided through this process by a case manager (a registered nurse). The case manager will perform an assessment over the phone, then a transplant physician will give a thorough physical assessment at the collection centre (hospital where you will donate stem cells) closest to you. You will also be tested to confirm that you have no infectious diseases. Once it is determined that you are medically eligible and you agree to proceed, the patient will be notified and the elimination of his or her diseased bone marrow will begin.

### 4) Bone Marrow Stem Cell donation.

Bone marrow stem cell donation is a surgical procedure performed under anaesthesia. The collection physician will use special, hollow needles to withdraw liquid marrow from the back of your pelvic bones. Normally about a litre of fluid is taken.

The procedure usually lasts from 45-90 minutes, and donors are normally discharged from the hospital the same day.

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### 5) Peripheral Blood Stem Cell (PBSC) donation.

Another way to donate stem cells is through your peripheral blood. To increase the number of stem cells in your peripheral blood, you'll receive injections of a drug called granulocyte colony stimulating factor (G-CSF) every day for four to five days. The stem cells are then collected using a procedure called apheresis where your blood is drawn through a needle. The blood is then passed through a centrifuge where the stem cells are separated from the rest of your blood. The remaining blood is returned back into your body through another needle. This is a non-surgical procedure.

### 6) Possible side effects and recovery from bone marrow stem cell donation.

You can expect to feel some soreness in your lower back for a few days or longer. Most donors are back to their normal routine in a few days. Your marrow is completely replaced within four to six weeks.

### 7) Possible side effects and recovery from peripheral blood stem cell donation.

You may experience headache, bone or muscle aches for several days before collection. This is a side effect of the injections that you receive to increase the number of stem cells in your peripheral blood. These effects disappear shortly after the collection.

#### **8) Is Bone marrow Donation painful?**

Everyone's pain tolerance is different, but most donors report that any discomfort they feel is easily managed with pain medication that is ordered for them if required. Many donors report very little discomfort.

#### **9) Follow-up.**

Your case manager will be in frequent contact with you until you are completely recovered.

