

## Steps of Marrow and Blood Cell Donation



1

**Join the Registry.** Volunteers must be between the ages of 18 – 60 and meet the health guidelines. Volunteers should be committed to helping any patient. To join, you complete a short health questionnaire and sign a form stating that you understand what it means to be listed on the Registry. Then, a small blood sample or swab of cheek cells is taken to find your tissue type. This information is added to the Registry.

2

**Stay committed and available.** Doctors search the Registry to find a donor whose tissue type matches their patient's. If you are chosen, your donor center will contact you. If you agree, more testing will be scheduled.

3

**Attend an information session.** You will meet with staff from your donor center to learn about the donation process, risks and side effects. You are free to bring a friend or family member. You will also be told which source of blood-forming cells is being requested — either collected from the marrow or from the circulating blood (known as a PBSC donation). You will then decide whether or not to donate.

4

**Receive a physical exam.** If you agree to donate, you will be given a physical exam to discover if donating would pose any special risks to you or the patient.



### Marrow Donation



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**Marrow donation is a surgical procedure.** While you receive anesthesia, doctors use special, hollow needles to withdraw liquid marrow from the back of your pelvic bones. Many donors receive a transfusion of their own previously donated blood.

6

**Side effects and recovery.** 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

**Follow-up.** Your NMDP donor center coordinator will follow up with you until you are able to resume normal activity. You will also receive annual calls for long-term follow-up.

### PBSC Donation



5

**PBSC donation takes place at an apheresis center.** To increase the number of blood-forming cells in the bloodstream, donors receive daily injections of a drug called filgrastim for five days before the collection. Your blood is then removed through a sterile needle in one arm and passed through a machine that separates out the blood-forming cells. The remaining blood is returned to you through the other arm.

6

**Side effects and recovery.** You may experience headache, or bone or muscle aches for several days before collection. This is a side effect of the filgrastim injections that you received to increase the number of blood-forming cells in the bloodstream. These effects disappear shortly after the collection.

7

**Follow-up.** Your NMDP donor center coordinator will follow up with you until you are able to resume normal activity. You will also receive annual calls for long-term follow-up.