

**Danbury Hospital Patient Education Sheet****Your Blood Management Options****What is blood management?**

Blood management is a team approach to assess a patient's need for blood or blood products during a planned surgical procedure. Its purpose is to utilize the appropriate technology, techniques and medications to decrease blood loss and to enhance an individual's own blood supply. By using this approach, we are better able to reduce and/or eliminate the need for a blood transfusion.

**What is a transfusion?**

A transfusion is a way to give one person's blood or parts of the blood, called components, to another person who needs it. An individual may also self-donate his/her own blood if his/her medical condition allows for this.

**Why would a blood transfusion be needed?**

- ✓ To increase red blood cells, which increase the oxygen circulating in your blood.
- ✓ To replace clotting factor or platelets in your blood to help stop bleeding.
- ✓ To replace blood loss due to trauma or injury.
- ✓ To replace blood loss caused by a treatment or a procedure that may cause your blood cells to be lower for a time.

**What is normally present in the blood?**

Blood contains red blood cells, white blood cells and platelets floating in a liquid called plasma.

- Plasma contains many factors including those needed for clotting
- Platelets are also involved in the prevention of bleeding
- Red blood cells contain hemoglobin, which carries oxygen to all tissues of the body
- White blood cells fight infection.

**What are my transfusion options?**

There are three transfusion options:

- Donation by an anonymous person, called allogenic blood
- Donation by a friend or relative for you, called predesignated or directed blood
- Self-donation, called autologous blood.

*Anonymous Donor:* This blood is collected from health volunteer donors. Each time blood is donated, it is tested for syphilis, hepatitis B and hepatitis C, HIV and other viruses. Blood is not used for a transfusion if there is any concern that it may transmit a disease.

Pre-designated Donor: This blood is donated by a friend or relative for you and is also tested.

Self-donation: There are three different ways of self-donation:

1. Pre-donation, in which you donate your own blood weeks prior to surgery. This must be done ahead of time to allow your body enough time to generate new blood cells.
2. Intra-operative blood salvaging, a process in which blood lost during surgery is collected, washed, filtered, and the red blood cells are then re-infused.
3. Hemodilution, which is the removal of a specific amount of blood during surgery, replaced with intravenous (IV) fluids, then returned after surgery.

**It is recommended that you discuss all of your blood management options with your physician to make the decision that is right for you and your individual situation.**

*Source:*  
National Library of Medicine/MedlinePlus. Accessed May 2009 from /[www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)

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*For more information, or to learn about the specialized services and programs available at Danbury Hospital, please visit [www.DanburyHospital.org](http://www.DanburyHospital.org)*