

## AUTOLOGOUS BLOOD DONATION INFORMATION

### What is autologous blood donation?

Autologous blood donation is giving blood for your own use for a scheduled procedure or transfusion.

### How can I become an autologous donor?

Your physician will discuss the advantages of receiving your own blood and the process of autologous donation with you. If you are interested, the sequence of events for an autologous donation is:

1. Your physician must:
  - a. Obtain a Stanford Blood Center Autologous Donation Order Form by contacting the Special Donations Office at 650-723-6667; Monday – Friday, 8 a.m. – 4:30 p.m. or by downloading it from our website:  
**<http://bloodcenter.stanford.edu/donate/special-donations.php>**
  - b. Complete and sign the order form
  - c. Fax the signed form to the Special Donations office at 650-723-8155
2. As an autologous donor, you must then:
  - a. AFTER the order has been faxed to the Special Donations office, you may schedule your appointment(s) by calling 650-723-6667; Monday – Friday, 8 a.m. – 4:30 p.m.
  - b. Stanford Blood Center does NOT accept walk-in autologous donations and requires appointments. There are no exceptions.
  - c. You should allow 1.5 hours for your appointment

### How much does it cost to undergo an autologous donation?

Payment of Stanford Blood Center fees is required at the time of the donation. We will issue a receipt that you can submit to your insurance provider for possible insurance reimbursement. Please call the Special Donations Office at 650-723-6667 for the current fees. Additional fees for handling, processing and testing may be charged to your hospital account by the hospital. There are additional costs if you decide to freeze your blood donation(s) for later use. Please note that the autologous donation fees are NOT refundable, with the exception of rare circumstances initiated by Stanford Blood Center.

### What should I do to prepare for my donation(s)?

You should maintain a healthy diet and drink at least eight glasses of water or juice in the 24 hours prior to each donation. Avoid fatty and fried food for 24 hours prior to your donation. It is recommended you take an iron supplement to help your body replace the red cells and iron lost during your donation and prevent anemia. An information sheet about iron will be provided to you at the time of your donation.

### How far in advance of my procedure and how many units should I donate?

The number of units you donate depends on the type and date of your procedure, and is ordered by your physician. You may donate a unit every seven days within 35-42 days of your procedure, up to **seven** working days prior to your procedure date. There are no exceptions.

### When do autologous units expire?

Autologous units expire 35-42 days from the time of collection, depending on your physician's order. Unused units will be stored until expiration date and then discarded. Autologous donations cannot be used for other patients. If your procedure is postponed to a date after which your donated unit will have expired, you have the option of donating another unit or having your blood frozen for your later use. Please note that due to additional processing required, frozen blood may not be immediately available upon request.

### What happens to my blood after my donation?

Your blood will be either kept as whole blood or separated into components such as packed red blood cells and plasma, depending on your physician's order. Your blood will be tested for infectious diseases that may be transmitted through blood transfusion, including but not limited to: HIV, Hepatitis B and C, and Syphilis. If your unit tests reactive for one or more of the tested infectious agents, your physician and you will be notified. Additionally, Stanford Blood Center may also be required to report certain positive test results to Public Health authorities. Please be aware that if your blood tests reactive for an infectious marker, your unit may not be available for your procedure.

**Stanford/LPCHS Transfusion Service** does not accept units with reactive tests for infectious agents, with only a few exceptions (Syphilis and HBV core antibody reactive). If you know you currently have HIV, Hepatitis B or C infection, DO NOT donate for yourself, as your blood will be discarded.

**All other hospitals** may accept units with reactive tests for infectious agents. Please contact the specific hospital for their current policy on the availability of your unit for your procedure if it has reactive infectious test results.

### Are there instances when my donated autologous unit might not be transfused to me?

Yes. Examples when you may not receive your autologous unit include, but are not limited to:

1. Accidental contamination or breakage during component processing
2. Breakage of frozen units due to fragility
3. Reactive infectious test results unacceptable by Stanford/LPCHS Transfusion Service

### What if I need more blood than I can donate for myself?

If more blood is needed during your surgery than you have donated, blood from the community blood supply, donated by screened volunteer donors that has been tested, will be available for your use. Should you wish to have family and/or friends donate for you (Directed Donation), please contact the Special Donations Office at 650-723-6667; Monday – Friday, 8 a.m. – 4:30 p.m.

Please visit [bloodcenter.stanford.edu](http://bloodcenter.stanford.edu) for additional information about our blood centers, including donor center hours and locations.

**Palo Alto Donor Center**  
3373 Hillview Avenue  
Palo Alto, CA 94304