

# Plasma Donation Education

## Avoid Smoking

Avoid smoking at least 30 minutes before and after your plasma donation as this may increase your chances of feeling faint or dizzy. Smoking is also hazardous to your health, therefore we would encourage you to stop smoking altogether.

Smoking or drinking hot beverages immediately prior to plasma donation can sometimes result in an elevated body temperature and may cause you to be deferred from plasma donation.

## Feeling Dizzy or Nauseous

People rarely feel faint or dizzy during or after donation. When it does occur, it is mostly due to lack of eating prior to donation, being dehydrated, or due to smoking immediately before or after donation. You should immediately notify our medical staff if you ever feel faint, dizzy, or nauseous during or after a plasma donation.

## How will I Benefit from Donating Plasma?

By donating plasma, you are helping to save lives. Plasma collected at Cangene Plasma Resources is used to manufacture a wide variety of potentially life saving products.

In consideration of the time and commitment asked for plasma donation, participants are compensated for their plasma donations.

*Any of our medical staff will be happy to go over additional questions you may have about plasma donation.*

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## Visit Cangene Plasma Resources at the following locations:

Altamonte Springs, Florida, USA  
Van Nuys, California, USA  
Frederick, Maryland, USA  
Winnipeg, Manitoba, Canada

For more information visit:  
[www.CangenePlasma.com](http://www.CangenePlasma.com)



CANGENE PLASMA  
RESOURCES



*At Cangene Plasma Resources, we want to ensure our plasma donors have a safe donation. The information in this pamphlet is to help educate our donors on ways to keep their body healthy for plasma donation.*

## What is Plasma and How is it Donated?

Plasma is the straw-colored liquid portion of your blood which contains hundreds of proteins and antibodies. Plasmapheresis is the special process that allows you to donate your plasma while having your red cells, white cells and platelets returned to you. As a result, it is unlikely that you will experience any weakness or fatigue after your donation. It usually takes 45 minutes to an hour to donate plasma.

## Is Donating Plasma Safe?

Donating plasma is a very safe process with minimal to no side effects. At your initial appointments, you will receive a physical exam and your medical history will be reviewed. These steps help ensure donating is safe for you and those who will be receiving products produced from your plasma. At every visit, your health will be screened to help you have a safe donation.



## Proper Nutrition

It's important that plasma donors follow a diet that meets the recommended daily requirements for protein, typically between 50 to 80 grams daily for an adult. Proteins include foods such as cheese, lean meat, poultry, fish, eggs, nuts and beans. Your protein level will be tested each time you come in to donate, and if the results are out of the acceptable range, you will be deferred from donating that day.

Plasma donors should also eat foods rich in iron such as tuna, eggs, nuts, beans and lean red meat to help ensure red blood cell levels are sufficient to donate. Each time you donate plasma, your hematocrit level-or the percentage of blood occupied by red blood cells-will be tested.



## Stay Hydrated

Plasma donors should always remember to drink plenty of water or juice the day prior to and the day of donation. Avoid caffeinated beverages such as soda, coffee and tea, as well as alcohol, the day of your donation as they contribute to dehydration.

Because plasma is made up of mostly water, being properly hydrated can even shorten the time needed for the plasma donation process.

## Be Well Rested

Getting enough sleep the day before your plasma donation is also important. If you are not well rested on the day of plasma donation, you may be deferred from donating. The body acts abnormally when not rested and lack of sleep could raise your blood pressure. If you are feeling ill or tired, you should probably not donate that day.

It is recommended you refrain from any heavy lifting or strenuous activity with the arm you used for plasma donation for at least 24 hours.

