

Doctors search the Be The Match Registry® to find donors who match their patients. If you are a patient match, understanding the donation process will help you be ready to donate.

1

Getting ready to donate

IF YOU MATCH A PATIENT, WE WILL CONTACT YOU to ask if you are willing to donate. If you agree to proceed, we will ask you about your health and schedule more testing to see if you are the best match for the patient.

IF YOU ARE THE BEST MATCH, YOU WILL PARTICIPATE IN AN INFORMATION SESSION. You will be given detailed information about the donation and recovery process, including risks and side effects. If you agree to donate, you will sign a consent form.

NEXT, YOU WILL HAVE A PHYSICAL EXAMINATION to make sure that donation is safe for both you and the patient.

2

Donating PBSC or marrow

There are two methods of donation: peripheral blood stem cells (PBSC) and marrow. The patient's doctor chooses the donation method that is best for the patient.



PBSC DONATION is a nonsurgical procedure that takes place at a blood center or outpatient hospital unit. For five days leading up to donation, you will be given injections of a drug

called filgrastim to increase the number of blood-forming cells in your bloodstream. Your blood is then removed through a 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. Your blood-forming cells are back to their normal levels within four to six weeks.



MARROW DONATION is a surgical outpatient procedure that takes place at a hospital. You will receive anesthesia and feel no pain during

the donation. Doctors use a needle to withdraw liquid marrow from the back of your pelvic bone. The marrow replaces itself completely within four to six weeks.

3

Recovery and follow-up

Recovery times vary depending on the individual and type of donation. Most donors are able to return to work, school, and other activities within one to seven days after donation.

PBSC DONORS can expect to experience a headache, or bone or muscle aches for several days before collection, a side effect of the filgrastim injections. These effects disappear shortly after collection. Most PBSC donors report that they feel completely recovered within two weeks of donation.

MARROW DONORS can expect to feel some soreness in their lower back for a few days or longer following the donation. Most marrow donors report that they feel completely recovered within three weeks of donation.

WE WILL FOLLOW UP WITH YOU until you are able to resume normal activity.

Thank you

for being part of the Be The Match Registry.

Thanks to people like you, more than 40,000 patients with life-threatening diseases have received transplants.

Visit BeTheMatch.org to learn how you can help in this life-saving effort.