

# Donor Flow

A Walk Through Your Donation Process

## 1. Registration (5-15 Minutes)

Welcome to our centre! To begin the registration process you will need:

- Proof of identity (Photo ID)
- Proof of residency
- SIN Card

On your first registration you will have your photograph taken. You will read an informational handout (about Plasmapheresis, HIV and Hepatitis) and fill out a donor questionnaire for each donation.

## 2. Screening (10-20 Minutes)

While you are in the screening room:

- Your blood pressure, pulse, temperature, Hematocrit and total protein will be measured.
- Review the Plasmapheresis procedure
- Review your questionnaire
- Review risks and adverse reactions
- Undergo a medical examination
- Have a chance to express any questions and concerns
- Sign the consent

You will sign the consent form only after you fully understand the plasmapheresis procedure and have all of your questions and concerns addressed.

All information discussed in the screening room is confidential.

## 3. Donation (40-60 Minutes)

If you are eligible for donation, you will have a seat in the waiting area and wait to be called for your donation. Once you are called you will:

- Check in for your donation
- You will then be escorted to a comfortable donation bed to begin the Plasmapheresis procedure
- Sit back, relax, watch TV or surf the net and donate (30-50 minutes)
- Apply pressure on your venipuncture site for 5 minutes upon completion of the donation

## 4. Check-Out (10-15 Minutes)

After your donation you can book your next appointment in person or online by visiting our website. We encourage you to book as many future appointments as you would like. Also at this time you will:

- Sign out at the reception area
- Relax in the centre for 10 minutes to ensure you feel well and enjoy free refreshments (make sure you drink plenty of fluids after your donation)

Remember, for your safety you can only donate twice every seven days.



CANADIAN PLASMA RESOURCES

1222 Quebec Ave, Unit 300  
Saskatoon, SK S7K 1V2  
Tel: 306 500 7490

370 Elmwood Drive, Unit 4  
Moncton, NB E1A 8R5  
Tel: 506 801 9809

Toll Free: 1 855 3PLASMA (752762)  
Fax: 416 929 1910  
email: [info@giveplasma.ca](mailto:info@giveplasma.ca)

[giveplasma.ca](http://giveplasma.ca)

# Your Guide to Plasma Donation

Give Plasma, Give Life



# Be a Healthy Donor

## Stay Hydrated

Drinking lots of water helps to minimize any adverse donor reactions (ADRs) you may experience and helps our phlebotomists find your veins easier. An ADR is a side-effect that a plasma donor may experience. Make sure to drink plenty of water the night before your donation and on the day of your donation.

## Eat Balanced Meals High in Iron and Protein

Eating a healthy meal before you donate can help minimize any ADRs you may have from donating plasma. Following Canada's Food Guide is a great way to ensure your diet is well balanced.

Additionally eating foods high in iron and protein is beneficial to you. Food high in iron helps to maintain your Hematocrit levels and eating foods high in protein helps to ensure you feel well after your donation. Low protein and Hematocrit levels can make you ineligible to donate plasma.

## Avoid Alcohol and Fatty Foods Before Your Donation

Alcohol can lead to dehydration, therefore it may increase your risk of ADRs. Do not drink alcohol the night before your donation and on the day of your donation. Additionally you should not drink alcohol for at least 4 hours after your donation.

Fatty foods should be avoided for at least 6 hours before your donation. Eating too much fatty foods such as fast foods may cause your plasma to have a milky appearance due to high concentration of fats. This interferes with laboratory tests conducted on your plasma and as a result your donated plasma cannot be used for patient therapies.

## Avoid Smoking or Caffeine Before Your Donation

Smoking and/or the use of caffeine causes your veins to constrict which makes it harder for our phlebotomists to find your veins. Additionally, smoking or the use of caffeine before a donation may cause your blood pressure and heart rate to increase making you ineligible to donate.

Avoid smoking for at least 30 minutes before and after your donation. Smoking immediately after your donation may cause you to feel lightheaded and/or dizzy.

Caffeine can also lead to dehydration and increases the risk of an ADR, therefore avoid use the night before and the day of your plasma donation as well as after you donate.

## Get Some Rest

Get a good night's rest before your donation. Being well rested helps you feel healthier and contributes positively to your mental wellbeing. At least 7 hours of sleep is recommended.

## Know When To See Your Doctor

Plasmapheresis is a low risk procedure and typically has little to no side effects. If you feel unwell after your donation try lying down with your feet elevated (above your heart if possible). Drinking fluids and eating healthy snacks usually helps. If you still feel unwell contact your doctor. If you feel that it is an emergency please contact 9-1-1.

## Lives like these can be saved through your donation



## Donor Compensation

Donating plasma is a great way to give back to society and helping patients.

We value your time at Canadian Plasma Resources and want to thank you for your regular plasma donations! We compensate our generous donors for their time and commitment.

On your first donation you are considered an applicant donor. An applicant donor is someone who is still going through the screening process to become a qualified donor.

After your second donation, if you pass all screening steps and your test results from the first and second donations are acceptable, you become a qualified donor. Only plasma from qualified donors can be used to create therapies for patients.

You will receive your compensation after each donation. All donors will be enrolled in our Super Hero Rewards loyalty program and could receive additional valuable gifts and prizes.

A qualified donor can donate twice a week and can earn up to \$400 per month.



## Canadian Plasma Resources

Canadian Plasma Resources (CPR) is a pharmaceutical manufacturer licensed by Health Canada and certified by the European Union (EU) and the International Quality Plasma Program (IQPP). CPR is a Plasma Protein Therapeutics Association (PPTA) source member. Canadian Plasma Resources is committed to supplying source plasma of the highest quality and reliability for creating treatments that improve and save lives in Canada and around the world.

In Canada (outside of Quebec) Canadian Blood Services (CBS) collects and supplies 100% of fresh blood product needs for the hospitals; however, Canada is completely reliant on foreign pharmaceutical companies for products made from plasma. The plasma for those products is collected from donors in the USA. CBS acts as an agent for the Canadian provinces and bulk purchases these imported products. At Canadian Plasma Resources we strive for establishing Canada as a major player in this field and compete with foreign companies supplying the Canadian market. For this reason we need healthy donors like yourself to join our program and donate plasma as frequently as twice a week.

Although, both CPR and CBS operate under the same regulations there is no association between the two organizations. CBS operates blood collection facilities in Saskatoon and Moncton. We operate the only Health Canada licensed facilities for collection of source plasma in the region.

Your plasma will be used to manufacture plasma protein therapies that are used to treat rare diseases and conditions, some of which are life-threatening. Certain individuals are missing or are deficient in plasma proteins which are essential for good health. These individuals rely on plasma protein therapies to live longer, healthier lives. Most of these therapies cannot be produced synthetically therefore, collection of human plasma is required to make such medicines. Plasma protein therapies are used to treat those with bleeding disorders, immunodeficiencies, burn/trauma victims and many more. The lives of many are highly dependent on plasma donations from donors like you. For more information please refer to our website: [www.giveplasma.ca](http://www.giveplasma.ca)

