

INFORMATION FOR DONOR

A GUIDE FOR PATIENTS/FAMILIES

WHAT MAKES ONE ELIGIBLE FOR BMT / PSCT ?

During your first visit to Aga Khan University Hospital you will meet with your physician from the Department of Hematology / Oncology and Bone Marrow Transplantation Team. At this time, you may also meet your BMT nurse. During this meeting, your physician will begin to decide if it is best for you to take part in a BMT program. This is known as “eligibility.” Physician will review your medical history and perform a physical examination. Also, he/she will explain the purpose of the BMT plan; you may be eligible to take part in.

WHO CAN BE THE DONOR?

Healthy volunteers who have no major medical problems can donate bone marrow. Before the procedure is done, the donor will have a thorough physical examination, including a electrocardiogram (ECG) and a chest x-ray, and several blood tests, to make sure that he / she is in good health and is a suitable match for donating bone marrow and / or peripheral stem cells. Donors must have a tissue HLA (Human leukocyte antigen) type that matches the recipient. Both the donor and the recipient will be tested to ensure that their tissues are well-matched.



آغا خان یونیورسٹی ہسپتال، کراچی

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ARE THERE ANY RISKS ASSOCIATED WITH DONATING BONE MARROW?

Because only a small amount of bone marrow is removed, donating usually does not pose any significant problems for the donor. The risk associated with donating bone marrow involves the use of anesthesia during the procedure. Within a few weeks, the donor's body will have replaced the donated marrow. The area where the bone marrow was taken out may feel sore for a few days, and the donor may feel tired.

ARE THERE ANY RISKS ASSOCIATED WITH DONATING PSCS?

Apheresis is usually painless and causes minimal discomfort. During apheresis, the person may feel lightheadedness, chills, numbness around the lips, and cramping in the hands. PSC donation does not require anesthesia. The medication that is given to stimulate the release of stem cells from the marrow into the bloodstream may cause bone and muscle aches, headaches, and/or difficulty sleeping. These side effects generally stop within 2 to 3 days of the last dose of the medication.

HOW IS BONE MARROW DONATED?

The bone marrow donation procedure usually requires an overnight hospital stay for the donor. The collection procedure takes approximately 45 minutes and is done in the operating room under general anesthesia. Only 3 to 5% of the donor's total bone marrow is removed. If the donor's red blood cell count gets too low, a blood transfusion might be necessary, but this rarely happens. Complications are few but may include infection, bleeding at the collection site, and local pain. Pain medication will be ordered for any discomfort felt.

For further information, please call:

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| BMT Unit Aga Khan University Hospital Karachi. Tel: 486-4290 or 486-4204 | Emergency Ward Aga Khan University Hospital Karachi. Tel: 486-1090 |
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