

# Donor Instructions for Autologous Apheresis Collection



As part of your/your child's treatment plan we will be collecting peripheral blood mononuclear cell (MNC) or peripheral blood stem cells (HPC). This information will answer questions you may have about the collection process. It also has information about how to care for yourself or your child throughout the donation process. You may ask questions at any time about this procedure.

## What Is Apheresis and Mobilization?

- Apheresis is when blood gets taken out and split up into separate parts. A machine takes out the cells we need, and the rest of the blood goes back into to you/your child.
  - HPC, Apheresis are peripheral blood stem cells. We get these cells by apheresis, a process that takes the HPC cells out.
  - MNC, Apheresis are peripheral blood mononuclear cells. We get these cells by apheresis, a process that takes the MNC cells out.
- If HPC apheresis is being collected, you/your child will get high dose growth factor (G-CSF) shots for a few days before the day of collection. This "mobilization" will help with the growth of white blood cells and move stem cells into the blood.
- On the day of or the day before collection, we will do a CD34 count and CBC blood test to see how well the mobilization worked. If there is low to no mobilization, a shot of Mozobil (a.k.a. Plerixafor) may be given.

## How Do I Care For Myself or My Child Before The Procedure?

- If you/your child has pain or a headache due to G-CSF, you may take acetaminophen such as Tylenol. Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) such as Advil, Aleve, Aspirin, Motrin, or Ibuprofen.
- Do not use alcohol or tobacco for at least 2 to 3 days before the donation
- You/your child can take a multivitamin with iron to help your body make red blood cells and to prevent anemia (low red blood cells) after collection

## What happens on the day of collection?

- You/your child will do the apheresis collections in the CHLA Infusion Center or on an inpatient unit. We place a temporary catheter so that the apheresis machine can connect to you/your child. Sometimes we use peripheral veins (arm, leg) instead.
  - If you/your child needs to take medicine to keep you or them calm do not eat or drink anything after midnight the day before the catheter placement procedure.
- Before starting the collection, the Apheresis Team doctor will come see your child and have you agree to do the procedure. A nurse will do the collection through an apheresis machine.
- You/your child's blood will go through the apheresis machine to take out and collect the stem cells. The procedure can take 4 to 6 hours to get enough cells. Plan to be here all day.
- At the end of the procedure, a medical staff member will see you/your child and will draw blood samples. The doctor will see if you/your child need more days of collection or more G-CSF or Mozobil shots. If you/your child do not need more collections, you will be able to go home. If you/your child had a temporary catheter put in, we will take it out.

## HemOnc/BMT

## Procedure risks

- The most common side effect of G-CSF is bone pain. Other side effects include low-grade fever, chills, and weakness. You/your child can take Tylenol to reduce discomfort. Always take you/your child's temperature before giving Tylenol. Let a doctor know if you/your child has a fever before giving Tylenol.
- We will watch you/your child closely during the whole procedure. We will check for changes in vital signs (e.g., temperature, pulse, respiration, etc.), signs of an allergic reaction, or electrolyte abnormalities. We will give medicine for you/your child to take before to prevent reactions.
- Bleeding and infection are possible but rare side effects. You/your child will take an anticoagulant, (a medicine to stop the blood from clotting during collection). The apheresis team uses safe and clean steps for this process. It is common for the temporary line to bleed, so we will check on it.

## Disclosure

We will protect you/your child's medical information and privacy. If required and medically or administratively necessary, law and regulatory agencies may look at your or your child's health information.

Case histories, results of treatment, laboratory and pathologic data, photographs, and x-ray may be used and/or published for scientific purposes. If we use any information, we make sure to protect and do not share your or your child's identity. We will keep your or your child's privacy.

*This instruction sheet is intended to be used only in conjunction with professional guidance from healthcare providers at Children's Hospital Los Angeles. CHLA makes no warranties, expressed or implied pertaining to Apheresis collection.*