

## Self Blood Donation



Blood lost during surgery may need to be replaced. Donating your own blood ahead of time is a choice that may be available to you. Depositing your own blood before surgery is called autologous blood donation. Talk with your healthcare provider about whether you should donate your own blood for surgery.



### Deciding what's right for you

- There is less risk of a reaction and infection because it's your own blood.
- Using your own blood is usually recommended for people planning elective surgery. But many surgeries often don't need blood transfusions.
- There are no set age restrictions.
- You should usually weigh at least 90 pounds.
- Some conditions would keep you from donating blood for your own surgery. They are anemia (low red blood cell count), upper respiratory conditions, and abnormal blood pressure.
- A sample of your blood will be taken for testing.
- People taking antibiotics for infections usually can't donate.

### Planning ahead

- Plan ahead carefully so you will be able to donate enough blood before your surgery.
- You will probably need to make more than 1 deposit.
- It's common to wait a week between visits.
- Your healthcare provider may prescribe a daily iron pill.

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