

# Information about your white blood cell count

## Introduction

Thank you for coming to give plasma today. We are sorry we could not take a donation from you. This is because your white blood cell count was either lower or higher than the level needed to give plasma.

## What is a white blood cell count?

It's a test that checks how many infection-fighting white blood cells you have in your body. The normal range is from 3.5 to 11 billion white blood cells in every litre of blood ( $3.5 \times 10^9$  to  $11 \times 10^9/L$ ).





## **My white cell count was outside the normal range. What does this mean?**

There could be various reasons why your white cell count is outside this range. For instance, your body might produce more white cells when fighting off a cold. Some healthy people naturally have levels slightly outside the usual range. High or low levels can sometimes be a sign of an underlying illness so it's best to get them checked out by your own doctor. Please make an appointment and take this leaflet, which has your white cell count written on the back.

## **When can I give blood again?**

Please wait three months before coming back. This gives time for your white cell count to return to normal. If your GP checks and it's back to normal, you might be able to return sooner. Feel free to get in touch if you want to talk more about this. Next time you give plasma, we'll check your white blood cell count again before starting.

**Donor name:** \_\_\_\_\_

\_\_\_\_\_

**Donor number:** \_\_\_\_\_

\_\_\_\_\_

**Date:** \_\_\_\_\_

Your white blood cell count was measured today and was: **Low / High**

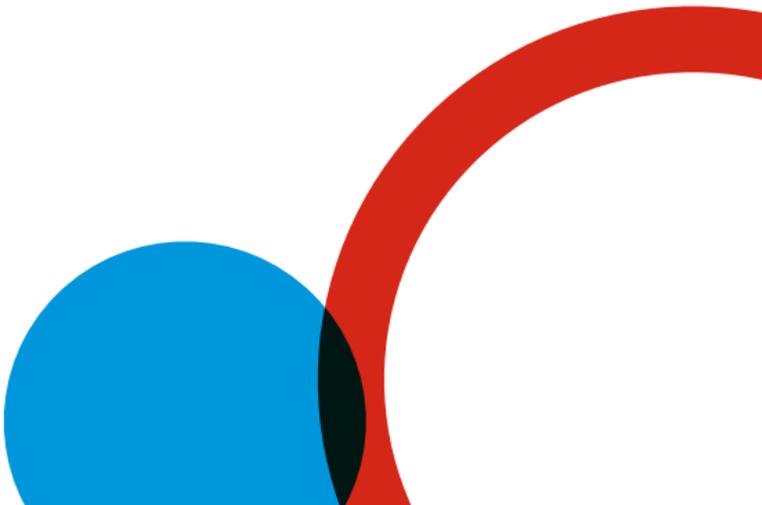
Your white blood cell count result is  
\_\_\_\_\_ x 10<sup>9</sup>/L

Additional comments/ results (if required):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## What happens next?

This result is **lower / higher** than normal. Show this result to your GP and they'll decide if you need more tests. Usually, you'll need to wait three months before donating again, but if your GP checks and your white cell count level is back to normal, you might be able to return sooner.

**Staff member name:** \_\_\_\_\_

\_\_\_\_\_

**Signature:** \_\_\_\_\_

\_\_\_\_\_



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Alternatively, call us 9am-5pm, Monday to Friday, on **0345 90 90 999**.

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