



# Information about your platelet 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 platelet count was either lower or higher than the level needed to give plasma.

## What is a platelet count?

Platelets are crucial for stopping bleeding and helping wounds heal. Your platelet count is the number of these tiny cells in your blood. The normal range is from 150 to 450 billion platelets in every litre of blood.



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

There could be various reasons why your count is outside this range. Sometimes, it settles on its own, especially if it's just a bit low or high. Some healthy people naturally have levels slightly outside the norm.

However, a very low or high count could be linked to a health issue. This may cause problems with:

- bruising (if your platelet count is too low)
- blood clotting (if your platelet count is too high)

If our test shows an issue with your platelet count, it means you can't give plasma. In that case, our team will suggest talking to your own doctor. They can guide you on whether you need further tests. Make an appointment and take this leaflet, which has your platelet count written on the back.

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

Please wait three months before coming back. This gives time for your platelet 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 platelet count again before starting.

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

\_\_\_\_\_

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

\_\_\_\_\_

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

Your platelet count was measured today and was: **Low / High**

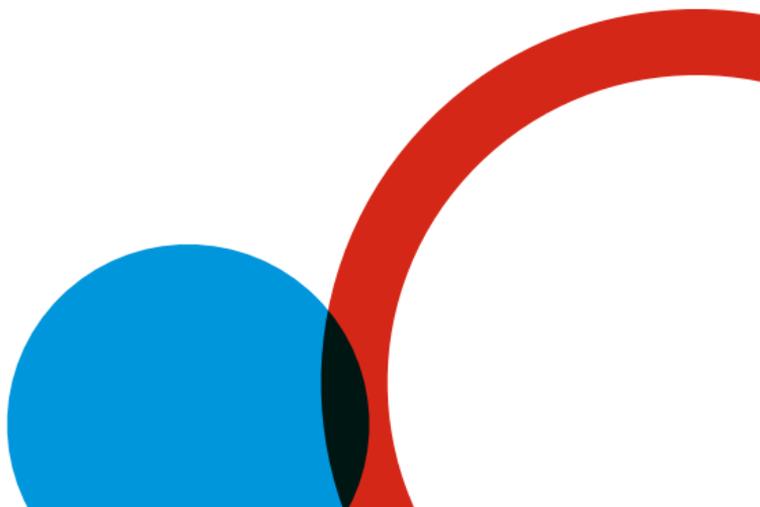
Your platelet count result is \_\_\_\_\_ x 10<sup>9</sup>/L

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 platelet level is back to normal, you might be able to return sooner.

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

\_\_\_\_\_

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

\_\_\_\_\_



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