



# Enrolment for future plasma donation

What is  
plasma, and  
how you  
can help

# Thank you for coming to give blood today. We would like to talk to you about possibly becoming a plasma donor.

In 2024, SNBTS aim to increase the number of plasma donors in Scotland. This is because we can start manufacturing Plasma for Medicines at that point. These products are very important for Scotland's patients. Over the year, we aim to increase our plasma donor base to almost 1000 people. **We would love you to join us.**



## What is plasma?

Plasma is the clear, straw-coloured liquid portion of blood that remains after red blood cells, white blood cells and platelets are removed. Plasma makes up 55% of human blood and is the single largest component. It contains antibodies, also known as immunoglobulins. It also contains water and proteins called clotting factors, which stop bleeding.

## What is plasma used for?

Plasma can be used to make a variety of life-saving products and medicines. These currently include:

### **Fresh Frozen Plasma (FFP):**

FFP is produced by quickly freezing plasma donations to preserve their clotting factors. It can be used to treat patients with major bleeding or who have low levels of certain clotting factors.

**Cryoprecipitate (Cryo):** Cryo is a blood product prepared from fresh frozen plasma. It is used to treat patients with bleeding and liver disorders.

## What is changing?

### **Plasma for Medicine:**

In Spring 2024, SNBTS will start manufacturing a new plasma product called 'Plasma for Medicine'. Plasma will be used to make immunoglobulin therapy which can be used to help patients with weakened immune systems fight infection, both those born with immune system disorders, and those who have developed them following cancer, cancer treatments or transplants.

Plasma for Medicine will be collected by plasma donations as well as plasma separated from whole blood donations.

Immunoglobulin therapy can be made from donations from both female and male donors.

Therefore, going forward, **both female and male donors** will be able to give plasma donations.

# Who can give plasma donations?

## Plasma donors must be:

- at least 60kg
- any blood group (but we're particularly keen to welcome donors with group B blood group at this time)
- a donor with strong veins that will tolerate the specialist machine that collects your blood and returns some blood components back to you
- an existing donor who has given blood or platelets at least once before (only applicable to females)
- able to donate at Donor Centres in Edinburgh, Aberdeen, Glasgow, Dundee or Inverness
- willing to spare 60-90 minutes each time they give plasma

**Plasma donors can donate every 4 weeks.** Donors' commitment may vary, but we would love to welcome you 4-6 times per year. Additional tests will be carried out when we see you prior to enrolment.



## Are there any risks associated with giving plasma?

Most of the risks of plasma donation are similar to the risks associated with blood donation. **Side effects can sometimes include:**

- **Bruising and pain:** Most pain and bruising is minor, and symptoms settle quickly with no or simple measures. Fewer than 1 in 50 donations lead to bruising.
  - **Feeling faint:** Around 1 in 80 donations lead to donors feeling faint. New blood donors are more likely to be affected, **however** drinking plenty of clear fluids (at least 500ml) before donation significantly reduces the likelihood of fainting.
  - **Citrate effect:** Citrate is a blood thinner which occurs naturally in the body. It is added to the donation to prevent blood clotting. A small amount is returned to the donor with their red cells. Most donors feel no side effects, but some may feel tingling around their mouth, fingertips or toes, a metallic taste, or chills.
- These effects are easily managed by slowing the procedure down.
- Other complications of donation include severe pain, arm inflammation, injury of a nerve or a punctured artery. These are rare, occurring in fewer than 1 in 1,000 donations.
  - Sometimes the donation may need to be stopped early. This could be because we can't get a good blood flow, or you're feeling side effects, such as discomfort or bruising.
  - If this happens, you may need to wait before you can donate again. Our staff will advise you if this is the case.
- If you become at all uncomfortable during your donation, **it is vital you let a member of staff know.** Our team is trained to take the best possible care of you.

## Where can I give plasma?

### **Aberdeen Blood Donor Centre**

Foresterhill Road, Aberdeen AB25 2ZW

### **Dundee Blood Donor Centre**

Level 8, Ninewells Hospital, Dundee DD1 9SY

### **Edinburgh Blood Donor Centre**

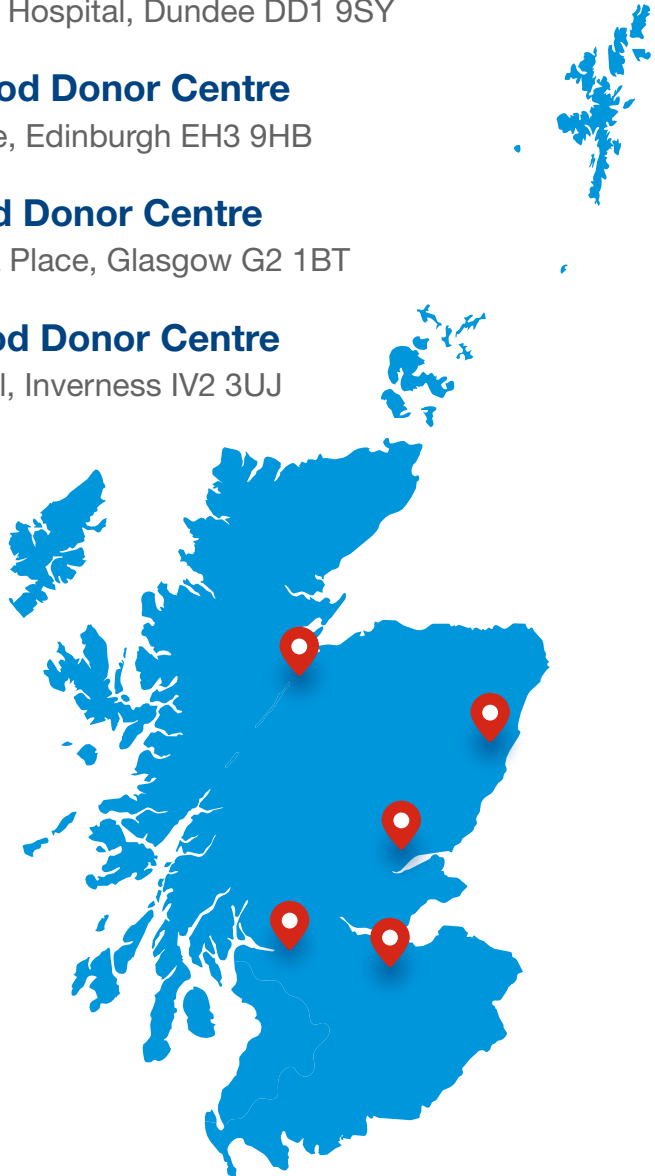
41 Lauriston Place, Edinburgh EH3 9HB

### **Glasgow Blood Donor Centre**

8 Nelson Mandela Place, Glasgow G2 1BT

### **Inverness Blood Donor Centre**

Raigmore Hospital, Inverness IV2 3UJ



## I'm interested – what should I do?

**When you donate today, please speak to a member of staff.** They will check your veins and take additional samples from your donation. These will be used to assess if you are suitable to give plasma.

After that, you will be added to our “Interested in Plasma” Donor Club. We will keep in touch with you, and book you in for your enrolment

appointment and first plasma donation from Spring 2024. Until then, continue to donate blood as you normally do.

If plasma donation is not for you, we thank you for coming along today. Plasma is already collected from your whole blood donation, so you are still making a huge contribution to Scotland's patients.

**Thank  
you.**



## Contact us

t: 0345 90 90 999

e: [nss.snbtSENquiry@nhs.scot](mailto:nss.snbtSENquiry@nhs.scot)

w: [scotblood.co.uk](http://scotblood.co.uk)

 [givebloodforscotland](https://www.facebook.com/givebloodforscotland)

 [@givebloodscot](https://twitter.com/givebloodscot)

 [givebloodscotland](https://www.instagram.com/givebloodscotland)

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This leaflet was designed by NHS National Services Scotland's Creative Services.

NATL 391 02 Published January 2024