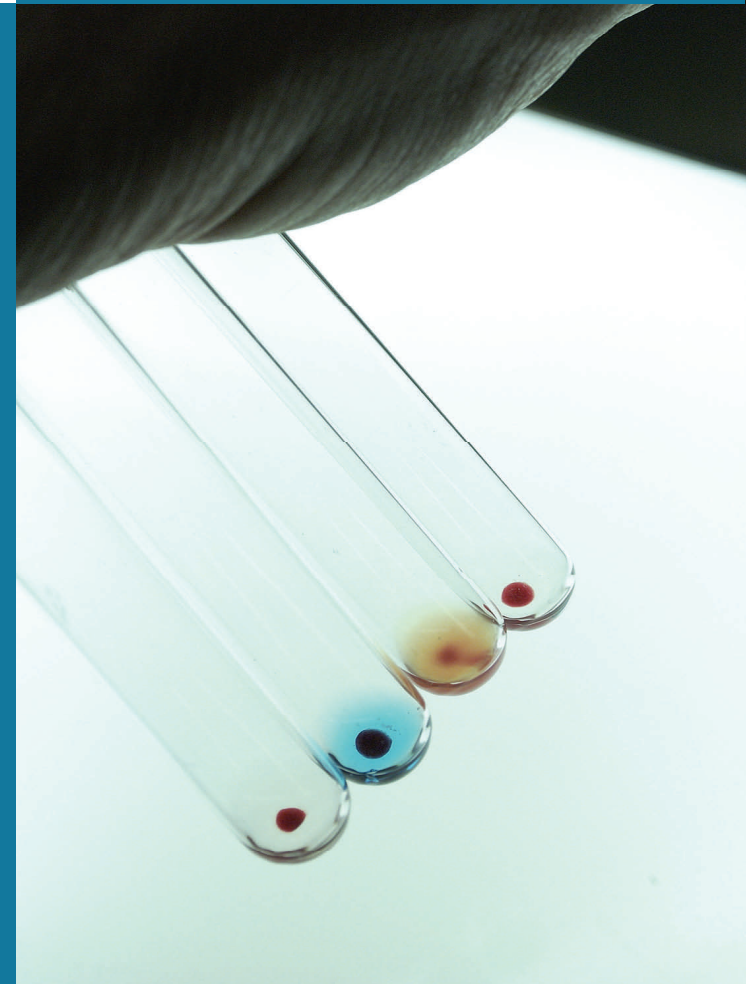


# Blood management

Every drop of blood counts



## Questions to review with your Doctor

1. Blood transfusion is used in a variety of settings; ask your doctor about the need for transfusion in your specific situation.
2. Have the possible risks been explained to you in your particular situation?
3. Have any alternatives been explained to you ?
4. Ask your doctor is there anything else you can do to prepare for surgery?
5. Have all your questions been answered?

**This information is a guide only and you should discuss all your options with your doctor.**

Further information also available:  
**Blood transfusion-have all your questions been answered?**

**Website for more information:**

[www.health.vic.gov.au/bloodmatters](http://www.health.vic.gov.au/bloodmatters)

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Blood management is a process of using blood and blood products appropriately when required and strategies to reduce or minimise the need for a blood transfusion.

### Why is this necessary?

Blood management improves patient outcomes by unwarranted exposure to possible side effects, faster recovery time and preserves a limited supply of a valuable resource.

### How is blood management achieved?

Utilising a team approach to assess a patient's blood management needs and develop a plan of care using the latest technology and techniques to reduce blood loss and to enhance patient's own blood supply.

#### 1. Build up patient's own blood

Pre-operative anaemia should be treated if possible. This may require iron replacement, synthetic erythropoietin ( a hormone that stimulates red blood cell production), Vitamin B12 replacement , Vitamin C or folic acid replacement. All these factors are necessary for effective red blood cell production.

#### 2. Reduce Blood loss

By utilising surgical methods, medications and special equipment, a patient's own blood can be conserved.

- Surgical instruments that minimise or prevents blood loss
- Minimally invasive surgery technique
- Medications applied to tissue surfaces that control bleeding, for example fibrin glue

#### 3. Recycle patient's own blood

Cell salvage, where you can collect, wash and filter lost blood during and after the surgery and then return it to the patient as needed.

Blood dilution can also be used where blood is removed immediately prior to surgery and the blood volume is expanded with an intravenous fluid. Then the blood lost in the surgery is dilute and has fewer red cells and so fewer are lost. Blood can then be returned at the end of surgery.

***Not all these options will be available or appropriate for every patient, consult your doctor for further information.***

### Transfusion options

**Allogenic blood**— blood from a voluntary donor.

- **Red Blood Cells (RBC's)** - carry haemoglobin that delivers oxygen to the tissues and organs. Red cells are usually given if the haemoglobin levels drops too low or a lot of blood is lost.
- **Platelets**—to prevent or stop bleeding.
- **Fresh Frozen plasma and Cryoprecipitate**- Contain clotting factors that work with platelets to seal wounds.

**Autologous blood**—your own blood.

- **Pre donation** –donating your own blood prior to surgery. There are guidelines for this procedure please discuss with your doctor.