GENERAL INFORMATION ON BLOOD TRANSFUSION

What is blood transfusion?
Blood transfusion is the process of infusing whole blood or blood components (red blood cells, platelet, plasma) prescribed by your doctor into your veins in order to achieve a therapeutic effect.

Why would doctors give blood transfusions?
Red blood cells carry the oxygen in your blood to your vital organs. They can alleviate the symptoms of anaemia and bleeding. Platelets can prevent or stop bleeding by forming blood clots at the site of an injury. Platelet transfusion may be required for those who have a low number of platelets or whose platelets do not work efficiently. Plasma is a fluid that contains many substances including the clotting factors that help blood to clot.

Dependent upon the clinical conditions, blood transfusions are given to replace blood that has been lost or to correct serious or life threatening conditions due to low blood counts or deficiency of clotting factor(s). Your doctor will prescribe a blood transfusion according to your clinical condition. If you have any doubts or questions, you should ask your doctor in-charge.

What are the risks of receiving blood transfusion in Hong Kong?
Similar to other medical procedures or treatment, blood transfusion does carry risks, no matter how small. Below is a list of transfusion related risks for your reference only. Please contact your attending doctor if you feel a detailed discussion would be helpful.

- **Allergy**
  This is usually a mild reaction (e.g. skin rash and itching) and is easily controlled with drugs. Severe allergic reactions are very rare (less than one in a hundred thousand). It may, however, be life threatening in rare circumstances.

- **Fever**
  Some patients may feel chills and feverish during or shortly after blood transfusion. Whether treatment is required will depend on his/her clinical condition. It will often subside without any consequence. However, if you have a history of febrile reaction with transfusions in the past, you should report this to your doctor.

- **Haemolysis**
  If the donor and your blood groups are mismatched, the donor red cells will be destroyed by your body after infusing into your body. This reaction is called haemolysis. Severe haemolytic reaction is exceptionally rare, at an incidence of less than one in a hundred thousand. However, it can result in kidney failure and other serious complications that may be life-threatening if this occurs. The hospital blood bank will ensure that the correct blood is given to prevent this type of reaction by meticulous testing.

- **Other**
  Transfusion related acute lung injury (TRALI) is rarely seen in Chinese.

What are the risks of not having a transfusion?
In simple terms, the purpose of giving blood transfusion to you is to replenish the blood or blood component(s) you need. Red blood cells carry the oxygen in your blood to your vital organs, such as the brain or heart. A decrease in oxygen can result in damage to these organs. Transfusion may be needed to prevent such damage. If you have a low platelet count or a deficiency in clotting factor, you are at a higher chance of bleeding. In some cases, this can result in serious major organ damage.

Please inform ward staff if you develop any symptoms during transfusion.

If you need further information, please contact your doctor in charge.