

Receiving Blood or Blood Products

Human blood is made up of fluid called **plasma** that contains **red blood cells**, **white blood cells** and **platelets**. Each part of the blood has a special purpose. A person may be given blood or only the parts of the blood needed, called blood products.

Blood products include:

- **Plasma**
This is the liquid part of the blood. It is often used to add volume to the blood system after a large loss of blood. **Cryoprecipitate** is a concentrated source of certain plasma proteins. It is used to treat some bleeding problems.
- **Red blood cells**
These carry oxygen from the lungs to other parts of the body and then they carry carbon dioxide back to the lungs. A low red blood cell count is called anemia. A red blood cell transfusion may be needed to treat anemia.
- **White blood cells**
These help fight infection, bacteria and other substances that enter the body. When the white blood cell count becomes too low, it is called Neutropenia. A white blood cell transfusion may be needed to treat Neutropenia.
- **Platelets**
These help blood to clot. Platelet transfusions are given when the platelet count is too low.

Your Transfusion

A transfusion is the process of giving blood products through an intravenous (IV) catheter. You and your doctor will decide if you need blood or blood products to correct a problem.

Before your transfusion, a sample of your blood will be taken to find your blood type to match it with the donor blood. This is called **cross matching**. It is done to decrease the chance of a reaction. **Talk to your doctor if you have ever had a reaction or an allergy to any blood product.**

输血或使用血制品

人血是由称为**血浆**的液体构成的，其中包含**红血球**、**白血球**和**血小板**。血液的每个部分都有专门用途。输血时可以输全血，也可只输需要的部分，即血制品。

血制品包括：

- **血浆**

血浆是血的液体部分，往往在大量失血后用于提高血液系统的血量。**冷凝血蛋白质**是某些血浆蛋白质的浓缩原料，用于治疗某些出血问题。

- **红血球**

红血球将氧气从肺输送到身体的其他部分，并将二氧化碳带回肺部。红血球计数低称为贫血。治疗贫血时，可能需要输红血球。

- **白血球**

白血球帮助抗感染、抗细菌和进入身体的其他物质。白血球计数过低称为白血球减少症。治疗白血球减少症时，可能需要输白血球。

- **血小板**

血小板帮助血液凝结。如果血小板计数太低，则需要输血小板。

输血

输血是通过静脉（IV）导管向人体输入血制品的过程。是否需要用输血或血制品来治疗疾病，由患者和医生共同决定。

输血之前，会抽血化验您的血型是否与捐血相配。这称为**交叉配型**，目的是减少发生反应的机会。**如果对任何血制品有过反应或过敏，请告知医生。**

Signs of a Reaction

Although the blood is carefully matched to your blood type, a reaction may occur. Reactions happen in very few people who get blood products. If a reaction occurs, it can be treated. Most reactions occur while you are receiving the blood or blood product or shortly thereafter. The signs of a reaction include:

- Hives or itchy skin
- A fever
- Chills
- Dizziness
- Chest pain or ache
- Shortness of breath
- Back pain
- Pain at the transfusion site

During a Transfusion

The blood will be given through a filter in a tube that is attached to an intravenous (IV) catheter in your vein. A transfusion can take up to four hours. You will be checked often to watch for a reaction or other problem. Your temperature, pulse and blood pressure will be checked. **Tell your nurse right away** if you have any signs of a reaction during your transfusion.

After You Go Home

Call your doctor right away if you have any signs of a reaction at home after your transfusion. In rare cases, reactions occur days or weeks after a transfusion.

Call your doctor right away if you have any of these signs:

- Dark urine
- Yellowing of the skin or whites of the eyes
- Fever, cough, runny nose or muscle pain

Talk to your doctor or nurse if you have any questions or concerns.

反应症状

尽管已经作了仔细的血型相配，还是可能会有反应。对血制品发生反应的情况很少。如果有反应，是可以治疗的。如果发生反应，大都是在输血或血制品的过程中或结束后不久发生。反应症状包括：

- 麻疹或皮肤发痒
- 发烧
- 发寒
- 眩晕
- 胸痛或疼痛
- 呼吸急促
- 背疼
- 输血部位疼痛

输血过程

输血时，血液通过一根过滤管，过滤管则连接插入静脉的导管。输血时间可长达四小时。医护人员会经常来检查是否有反应或其他问题。输血过程中会检查体温、脉搏和血压。如果输血过程中出现任何反应症状，**立即告诉护士**。

回家后

如果输血后在家中出现任何反应症状，**立即打电话给医生**。输血反应可能在输血后数日或数周后发生，但这种情况极为少见。如果有下列任何症状，**立即打电话给医生**：

- 尿色发深
- 皮肤或眼白发黄
- 发烧、咳嗽、流鼻涕或肌肉疼痛

如果有任何疑问或担心，请咨询医生或护士。

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