

Receiving Blood Transfusions

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 whole blood or only the parts of the blood needed to treat an illness or injury.

Types of Blood Transfusions

A transfusion is the process of giving whole blood or parts of the blood through an intravenous (IV) catheter tube into a blood vessel. Your doctor will talk to you about the type of transfusion he or she recommends to treat your condition.

- **Red blood cells** – This is the most common part of the blood given. Red blood cells are what give blood its red color. Red blood cells carry oxygen from the lungs to other parts of the body then carbon dioxide back to the lungs. A red blood cell transfusion may be needed if you have lost blood to surgery or injury, or to treat anemia.
- **Plasma** – This is the liquid part of the blood that contains proteins that help blood clot and fight disease. Plasma transports water and nutrients to your body's tissues. It is often given to replace blood that has been lost after bleeding.
- **Platelet** – These cells work with proteins in plasma to help blood clot. Platelet transfusions are given when the platelet count is too low.

The blood used in transfusions most often comes from volunteer donors. The blood is carefully screened for disease to make sure that it is safe.

Transfuzije krvi

Krv je sastavljena od tečnosti koja se naziva plazma i koja sadrži crvena krvna zrnca, bijela krvna zrnca i trombocite. Svaki dio krvi ima svoju namjenu. Osoba može primiti cijelu krv ili samo njezin dio koji je potreban za liječenje bolesti ili nezgode.

Vrste transfuzije krvi

Transfuzija je proces davanja cijele krvi ili njenih krvnih komponenti, putem intravenskog (IV) katetera u krvni sud. Vaš ljekar će sa vama porazgovarati o vrsti transfuzije koju će vam preporučiti za liječenje vašeg zdravstvenog stanja.

- **Crvena krvna zrnca** – Ovo je najčešća komponenta krvi koja se daje. Crvena krvna zrnca su razlog zbog kojeg je krv crvena. Crvena krvna zrnca prenose kisik iz pluća u druge dijelove tijela, a onda vraćaju ugljeni dioksid natrag u pluća. Transfuzija crvenih krvnih ćelija može biti potrebna ako je došlo do gubitka krvi usljed operacije ili povrede, ili radi liječenja anemije.
- **Krvna plazma** – Ovo je tekućina koja je sastavni dio krvi a koja sadrži proteine koji pomažu zgrušavanje krvi i vode borbu protiv bolesti. Plazma prenosi vodu i hranljive čestice u tkivo organizma. Obično se koristi da bi se povećala količina krvi poslije velikog krvarenja.
- **Trombociti** – Ove ćelije skupa s proteinima iz plazme pomažu pri grušanju krvi. Transfuzija trombocita se daje kada je broj trombocita u krvi nizak.

Krv za transfuziju najčešće se dobije od dobrovoljnih davaoca krvi. Prethodno se pažljivo ispita da li je ta krv zdrava.

What to Expect

Preparing for Treatment

If the transfusion is not an emergency, a sample of your blood is taken to match your blood to donor blood and to decrease the chance of an allergic reaction. This sample of your blood is taken to find:

- Your blood type (A, B, AB or O) and whether you are Rh-positive or Rh-negative.
- Compatible donor blood. This is called cross-matching. A small sample of your blood is mixed with a small sample of donor blood to make sure they mix smoothly and are thus a match.

Tell your doctor if you have allergies or have had a reaction to a past blood transfusion.

Signs of an Allergic Reaction

An allergic reaction to a blood transfusion is not common. If a reaction occurs, it can be treated. Most reactions occur while you are receiving blood or soon after. 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

Šta možete očekivati

Priprema za tretman

Ako transfuzija nije hitno potrebna, uzima se uzorak vaše krvi i upoređuje s krvlju davaoca kako bi se smanjila mogućnost alergijske reakcije. Ovaj uzorak vaše krvi se uzima radi:

- određivanja krvne grupe (A, B, AB ili O) i Rh-faktora – uvrđuje se da li je pozitivan ili negativan
- njene kompatibilnosti s krvlju davaoca. Ovo se zove unakrsno usklađivanje. Mali uzorak vaše krvi se pomiješa s malim uzorkom krvi davaoca kako bi se utvrdilo da li se mogu pomiješati bez problema i da li jedna drugoj odgovaraju.

Recite vašem ljekaru ako ste ranije imali alergije ili reakciju prilikom transfuzije krvi.

Znakovi alergijske reakcije

Alergijska reakcija na transfuziju krvi nije česta pojava. Ako do nje dođe, ista se može se liječiti. Do većine reakcija dođe prilikom primanja krvi ili uskoro nakon toga. Znakovi reakcije uključuju:

- osip kože ili svrab
- groznica
- osjećaj hladnoće
- vrtoglavica
- bol grudnog koša
- otežano disanje
- bol u leđima
- bol na mjestu transfuzije

During the Transfusion

- A small needle is inserted into a blood vessel, most often in your arm or hand, and a small sample of blood is taken and tested to confirm your blood type. You will feel a pinch when the needle is inserted.
- A small plastic tube, called an intravenous (IV) catheter, is left in the blood vessel. You receive blood through this tube. The donor blood, which is in a blood bag hanging from an IV pole, flows out of the bag through tubing into your blood vessel.
- A transfusion can take up to four hours depending on the type of transfusion you are having and how much blood is being given.
- 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.
- When the transfusion is complete, the catheter tube is removed and a bandage is placed over the site. You may have some mild bruising or discomfort for a few days at the site. If you are in the hospital, the tube will stay in place.

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:

- Kidney problems, such as dark urine, more or less urine, or back pain
- Nausea and vomiting
- Yellowing of the skin or whites of the eyes
- Fever, cough, runny nose or muscle pain

Tokom transfuzije

- Mala igla se ubode u krvni sud, najčešće ruke ili šake, te se uzme mali uzorak krvi da bi se utvrdila krvna grupa. Prilikom uboda ćete osjetiti kao da vas je nešto blago uštinulo.
- Mala plastična cijev, koja se zove intravenski (IV) kateter, se ostavi u veni. Krv ćete dobiti kroz ovu cjevčicu. Donirana krv koja se nalazi u vrećici koja visi na vješalici, ističe iz vrećice s krvlju i kroz cjevčicu ulazi u vaš krvni sud.
- Transfuzija može trajati do četiri sata, što zavisi od vrste transfuzije koju primete i količine krvi koja vam se daje.
- U cilju provjere reakcije ili nastanka drugih problema, zdravstveno osoblje će vas često kontrolisati. Vršit će se provjera temperature, pulsa i pritiska. **Odmah recite vašoj medicinskoj sestri** ako primijetite bilo kakve znakove reakcije tokom transfuzije.
- Kada se transfuzija završi, ukloni se kateter, a na mjesto uboda se stavi hanzoplast. Na mjestu uboda se može pojaviti mala modrica ili nelagoda koja će prestati za nekoliko dana. Ako ste u bolnici, cjevčica se neće ukloniti.

Nakon odlaska kući

Odmah pozovite ljekara ako imate bilo kakve znakove ili reakcije kod kuće, nakon transfuzije. U rijetkim slučajevima, moguće su reakcije nakon nekoliko dana ili sedmica poslije primanja transfuzije. **Odmah pozovite ljekara** ukoliko imate jedan od slijedećih simptoma:

- problemi s bubrezima, kao što su taman urin, češće ili rjeđe mokrenje ili ako osjetite bolove u leđima
- mučnina ili povraćanje
- koža ili bjeloočnica postane žućkasta
- groznica, kašalj, curenje iz nosa ili bolovi u mišićima

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

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Posavjetujte se sa svojim ljekarom ili medicinskom sestrom ukoliko imate bilo kakvih pitanja ili osjećate zabrinutost.

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Receiving Blood Transfusions. Bosnian.