

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.

输血

血液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，也可只输治疗伤病所需的血液组分。

输血的类型

输血是指经过静脉（IV）导管向血管内输送全血或血液组分的过程。医生会向您说明建议输血的类型，以治疗您的病症。

- **红血球** – 红血球是最常见的输血组分。血液的颜色是红色，就是因为红血球的存在。红血球将氧气从肺输送到身体的其他部位，并将二氧化碳带回肺部。如果因手术或受伤而失血，可能需要输红血球，或者治疗贫血时也可能输红血球。
- **血浆** – 血浆是血液的液体部分，其中包含促进血液凝结和抵抗疾病的蛋白质。血浆将水和营养物输送到人体的各种组织。往往通过输血浆来代替因为出血而失去的血液。
- **血小板** – 血小板与血浆内的蛋白质共同发挥促进血液凝结的作用。血小板计数太低时，则输入血小板。

输血使用的血液主要来自志愿献血者。为了确保血液的安全，对血液要进行详细的疾病筛查。

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

输血操作

输血前的准备

如果不是紧急输血，则会抽取您的血样，以对您的血液与献血者的血液进行配型，同时减少发生过敏反应的可能性。抽取血样是为了：

- 确定您的血型（A型、B型、AB型或O型），以及您是Rh阳性还是Rh阴性。
- 寻找相合的供体血液。这称为交叉配型。将您的少量血样与供体的少量血液混合，确保两者能顺利混合，从而是相合的。

如果您有过敏或过去输血时曾发生过反应，请向医生说明。

过敏反应的症状

输血过敏反应并不常见。如果有过敏反应，是可以治疗的。如果发生反应，大都是在输血过程中或输血后不久发生。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

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

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

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输血过程中

- 将一根小针插入血管内，大部分情况下是插入手臂或手上的血管，并抽取少量血样以确认您的血型。采血针插入血管时，会有刺痛感。
- 将一根称为静脉（IV）导管的小塑料管留在血管内。您就是通过这根塑料管接受血液。供血从挂在静脉输液架的血袋内流出，通过管道流入您的血管。
- 输血时间最长可达四个小时，具体取决于输血类型和输血量。
- 护士会经常检查是否有过敏反应或其他问题。在输血过程中，会检查您的体温、脉搏和血压。输血过程中如出现任何过敏反应的**症状，要立即告诉护士。**
- 输血完成后，拔下导管，并用绷带包扎输血部位。输血后几天内，输血部位可能会有轻微的青紫或不适。如果输血后继续住院，则不拔导管。

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：**

- 肾脏问题，例如尿色发深、尿多或尿少或背痛
- 恶心和呕吐
- 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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Receiving Blood Transfusions. Simplified Chinese.