

# 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.

# 輸血

血液是由稱為血漿的液體構成的，其中包含紅血球、白血球和血小板。血液的每個成份都有專門用途。輸血時可以輸全血，或者也可只輸治療傷病所需血液的成份。

## 輸血的類型

輸血是指經過靜脈（IV）導管向血管內輸送全血或血液成份的過程。醫生會向您說明建議輸血的類型，以治療您的病症。

- **紅血球** – 紅血球是最常見的輸血成份。血液的顏色是紅色，就是因為紅血球的存在。紅血球將氧氣從肺輸送到身體的其他部位，並將二氧化碳帶回肺部。如果因手術或受傷而失血，可能需要輸紅血球，或者治療貧血時也可能輸紅血球。
- **血漿** – 血漿是血液的液體部份，其中包含促進血液凝結和抵抗疾病的蛋白質。血漿將水和營養物輸送到人體的各種組織。往往透過輸血漿來代替因為出血而失去的血液。
- **血小板** – 血小板與血漿內的蛋白質共同發揮促進血液凝結的作用。血小板計數太低時，則輸入血小板。

輸血使用的血液主要來自志願獻血者。為了確保血液的安全，對血液要進行詳細的疾病篩查。

## **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

## 輸血操作

### 輸血前的準備

如果不是緊急輸血，則會抽取您的血樣，以對您的血液與捐血者的血液進行配型，同時減少發生過敏反應的可能性。抽取血樣是為了：

- 確定您的血型（A型、B型、AB型或O型），以及您是Rh陽性還是Rh陰性。
- 尋找相合的供體血液。這稱為交叉配型。將您的少量血樣與供體的少量血液混合，確保兩者能順利混合，從而是相合的。

如果您有過敏或過去輸血時曾發生過反應，請向醫生說明。

### 過敏反應的症狀

輸血過敏反應並不常見。如果有過敏反應，是可以治療的。如果發生反應，大都是在輸血過程中或輸血後不久發生。反應症狀包括：

- 麻疹或皮膚發癢
- 發燒
- 發寒
- 眩暈
- 胸痛或疼痛
- 呼吸急促
- 背疼
- 輸血部位疼痛

## 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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## 輸血過程中

- 將一根小針插入血管內，大部份情況下是插入手臂或手上的血管，並抽取少量血樣以確認您的血型。採血針插入血管時，會有刺痛感。
- 將一根稱為靜脈（IV）導管的小塑膠管留在血管內。您就是透過這根塑膠管接受血液。供血從掛在靜脈輸液架的血袋內流出，透過管道流入您的血管。
- 輸血時間最長可達四個小時，具體取決於輸血類型和輸血量。
- 護士會經常檢查是否有過敏反應或其他問題。在輸血過程中，會檢查您的體溫、脈搏和血壓。輸血過程中如出現任何過敏反應的症狀，**要立即告訴護士**。
- 輸血完成後，取下導管，並用繃帶包紮輸血部位。輸血後幾天內，輸血部位可能會有輕微的青紫或不適。如果輸血後繼續住院，則不取出導管。

## 回家後

如果輸血後在家中出現任何反應症狀，**立即打電話給醫生**。輸血反應可能在輸血後數日或數週後發生，但這種情況極為少見。如果有下列任何症狀，**立即打電話給醫生**：

- 腎臟問題，例如尿色發深、尿多或尿少或背痛
- 噁心和嘔吐
- 皮膚或眼白髮黃
- 發燒、咳嗽、流鼻涕或肌肉疼痛

**如果有任何疑問或擔心，請諮詢醫生或護士。**

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Receiving Blood Transfusions. Traditional Chinese.