

## FAQs on Convalescent Plasma Donation

### 1. What is Convalescent Plasma?

When a person contracts a Virus like COVID-19, his/her Immune System produces Antibodies to fight the Virus. These Antibodies are found in Plasma which is the liquid part of Blood. Plasma containing these infection-fighting Antibodies is called "**Convalescent Plasma.**" Through a Blood Donation process, this Antibody-rich Plasma can be collected from a recovered person and transfused to a COVID Patient who is still fighting the Virus. This provides a boost to the Immune System of the sick Patient and helps in speeding up the recovery process.

### 2. Who is eligible to donate Convalescent Plasma?

- a) Male
- b) Nulliparous Female (i.e. Female who has Never given birth to a Child)
- c) Age: 18 to 60 Years
- d) Weight: >55Kg
- e) Hemoglobin : >12.5 gm/dl
- f) Prior Diagnosis of COVID-19 documented by a Laboratory Test (RT-PCR) with Symptomatic Disease (at least Fever and Cough)
- g) Complete Resolution of Symptoms **at least 28 days prior to donation**

OR

Complete Resolution of Symptoms **at least 14 days prior to donation** and One Negative Real Time PCR test for COVID-19 from Nasopharyngeal Swab.

### 3. Can Women Donate Convalescent Plasma?

Only Nulliparous Women(i.e. Women who have **Never** given birth to a Child/ who have had any Miscarriage / Abortion) can donate their Plasma.

### 4. Can I donate Plasma if I am taking High Blood Pressure Medicines?

Yes, you can donate Plasma if your Blood Pressure is **within 100/60 --140/90 mm Hg.**

### 5. Can I donate Plasma if I am a Diabetic?

Yes, you can donate Plasma if you are **not on Insulin** and your Blood Sugar Levels are controlled.

### 6. What preparation is needed before donating Plasma?

- a) Proper sleep
- b) Drinking adequate quantity of fluids
- c) Proper meal at least 2 hours before the donation
- d) Not taking any Medicines/ Alcohol for at least 3 days
- e) No smoking at least 1 hour before donation

## 7. How is Convalescent Plasma collected?

### PROCEDURE FOR DONATING COVID PLASMA

Medical Records including COVID Positive & Negative RT- PCR Reports of the Donor are checked by a Medical Officer



COVID Plasma Donor Registration Form is filled up & Informed Written Consent for Voluntary Non-Remunerated COVID Plasma Donation is taken from the Donor

If the Donor is eligible to



Medical Screening & General Physical Examination is done by a Medical Officer

If the Donor is eligible to donate



Blood Samples are taken for the following Tests:

1. Complete Blood Count (CBC)
2. Total Plasma Proteins
3. Anti-SARS-CoV2-IgG Antibody
4. Transfusion Transmissible Infections (TTI) :

HIV I &II, Hepatitis B (HbsAg), Hepatitis C (HCV), Syphilis & Malaria

If the Donor is eligible to donate



Plasma is harvested on a Cell Separator Equipment



Donor is provided Souvenir and light Refreshment

**Note: “The whole procedure takes about 2 hours”**

Your Plasma will be collected by **Apheresis Technique** in which only Plasma will be taken out and rest of the Blood will be transferred back into your body simultaneously. This is performed on a Fully Automated Apheresis Machine as per ICMR Guidelines

## 8. Are there any side effects of donating Convalescent Plasma?

Convalescent Plasma Donation is a very simple process in which only one Component of Blood called Plasma is donated. The remaining Blood is returned to the Blood Donor's body. There are no major side effects after Plasma donation. Full recovery takes place within 48 hours.

## 9. Will I feel weak after donating Convalescent Plasma?

No, Not at all. You need to consume adequate amount of fluids to rehydrate yourself.

**10. Is it a safe procedure and how much time does it take?**

Yes, Plasma Donation is a totally safe procedure. It takes around 2 hours for the whole process to complete.

**11. Is there any risk of infection due to Plasma donation?**

Absolutely Not. The Plasma Donation Procedure is performed on a Fully Automated state-of-the-art machine as per WHO and ICMR guidelines. All sterility precautions are followed very strictly. All the Kits and consumables used are fresh, absolutely sterile and meant for Single Use (Discarded after every procedure). Technical Staff wears all the required PPEs while performing the procedure.

**12. Will my Immunity decrease or will I have any risk of getting infected again by Corona Virus due to Plasma Donation?**

Absolutely Not, Plasma Donation has **no negative effect at all** on your body's Immune Defense System. Your Immune System has developed Memory Cells which will rapidly make new Antibodies as soon as Corona Virus tries to re-infect you. Donating Plasma does not decrease your COVID Antibodies levels.

**13. Where and how often Convalescent Plasma can be donated?**

Convalescent Plasma can only be donated at a designated Blood Bank approved by ICMR and DCGI. After 15 days of Convalescent Plasma Donation, Donor can again donate Plasma.

**14. Is it beneficial to treat a COVID Patient with Convalescent Plasma?**

Yes, transfusion of 200 ml of Convalescent Plasma into a patient who has moderate symptoms of Covid-19 has been observed to improve the clinical condition of the patient. This therapy is approved as an **Off-Label Medicine** by WHO, ICMR and DCGI.

**15. Which patients can be chosen for treatment with Convalescent Plasma ?**

Patients who have tested positive for RT-PCR, over 18 years of age, have a Respiratory Rate of more than 24 per minute, have less than 93% oxygen in the Blood and having same Blood Group as of Donor can be treated with COVID Convalescent Plasma as per the decision of the treating Doctor.

**16. What are the Do's and Don'ts after Plasma Donations?**

**Do's:-**

- a) Consume a lot of fluids;
- b) Consume Calcium-rich food for a week for eg Milk, Cheese and Dairy Products, Green Leafy Vegetables, Soya Drinks with added Calcium etc.

**Don'ts:-**

- a) Don't consume Citrus Fruits or Fruit Juice eg Lemon, Grapes, Mausmi, Orange etc. for 2 days.
- b) Don't consume Vinegar containing food items eg Pickles, Vinegar Onions etc. for 2 days.
- c) Don't lift heavy weights with the arm from which the Plasma has been taken for 2 to 3 days.
- d) Don't do heavy exercise for 2 to 3 days.
- e) No Smoking for at least 1 hour after donation
- f) No Alcohol for at least 6 hours after donation

**(A complete list of Do's and Don'ts will be handed over to the donors at Blood Bank)**