

## Information about Tissue Typing for Potential Donors

You have now taken the first step to see if you are a potential blood or marrow donor for your family member. Thank you!

### What happens next?

- Please read this information sheet.
- After registering and signing the authorization form, you will receive a call from our Blood & Marrow Transplant office within two business days to explain the next steps of the process.

### How do I know if I am a match?

- You will need to get a blood sample drawn.
  - You can get the blood sample drawn at a Cleveland Clinic Facility or
  - You can get the blood tubes needed mailed to your home. They can then be taken to a non-Cleveland Clinic facility to be collected.
- When the Transplant Nurse Coordinator calls you, both of these options will be explained to you.
- If you get the blood drawn at a Cleveland Clinic facility, all fees, including those for blood drawing, will be charged to your family member's account.
- If you get the blood tubes mailed to you, you will take the kit to a lab near you, have your blood drawn and sent by overnight delivery to Cleveland Clinic. All postage is arranged by us. Any blood drawing fees charged by the non-Cleveland Clinic lab (\$30-\$50), will be your financial responsibility.

### What is tissue typing?

- Tissue typing for a Blood or Marrow Transplant (BMT) is a test that determines if your blood forming cells are compatible or a "match" to your family member's blood forming cells. These cells have markers on them called Human Leukocyte Antigens (HLA). These markers allow your immune system to recognize which cells belong to your body and which do not.
- You inherit half of your HLA from your father and half from your mother. When you share the same two parents there is a 25%, or 1 in 4, chance of being a full match to your sibling. Aunts, uncles and cousins are rarely a full match.

**How long does it take to find out if I am a match?**

- Once your blood is drawn and sent to our laboratory, it will take approximately 2 weeks for the results to come back.
- If you are a *match*, the transplant nurse coordinator will inform you, not your family member.
- If you are *not a match*, the transplant nurse coordinator will inform you and also share this information with your family member.

**Important to Understand**

- Please understand the following: By completing the authorization form and having your blood drawn for tissue typing, you are authorizing that your personal health information, including the analysis of this sample, will be filed in the medical record of your family member and may be included with any further authorized release of your family member's records.
- Your HLA results will not be entered into a national donor registry.

**Who pays for the tissue typing?**

- The cost of this testing will be billed to your family member's account and will be not be filed with your medical insurance.

**I am a match. How do I donate my blood or bone marrow?**

- If you are chosen to be the donor for your family member and are willing to proceed, we will ask you about your health history and schedule more testing. These tests will be done to see if you are healthy enough to donate. Medical testing and donation costs will be billed to your family member's account, however lost pay or travel expenses are not typically covered by their insurance.
- Your family member's doctor will decide if it is best for you to donate peripheral blood stem cells (PBSC) or bone marrow (BM).

- Peripheral blood stem cell donation involves receiving injections of a growth factor for 5 days prior to donation. This drug increases the number of PBSCs in your bloodstream. These cells are then removed from your blood through a needle in one arm. The blood is passed through a machine that separates out the cells used in transplants. The remaining blood is returned through the other arm. If your arm veins appear too small, then a temporary catheter can be placed in a larger vein in your neck. Your blood forming cells are back to normal level within 4-6 weeks.
- Bone marrow donation is an outpatient surgical procedure in which liquid marrow is withdrawn from the back of your pelvic bones using needles. Anesthesia is always used for this procedure, so donors feel no pain during marrow donation. Your marrow replaces itself completely within 4-6 weeks.

### **How long is my recovery?**

- Recovery times vary depending on the individual and the type of donation. Most donors are able to return to work, school or other activities within 1-7 days after donation.
- If you donate PBSCs, you can expect to experience headaches or bone or muscle aches for several days when you are taking the growth factor injections. These side effects disappear shortly after donation. Most of these donors report that they feel completely recovered within two weeks of donation.
- If you donate BM, you can expect to feel some soreness in their lower back for a few days or longer following the donation. Most of these donors report that they are completely recovered within three weeks of donation.

### **I have questions. Who do I contact?**

- To speak with a Transplant Nurse Coordinator, please call **(216) 445-0333** or **(800) 223-2273, ext 50333**.