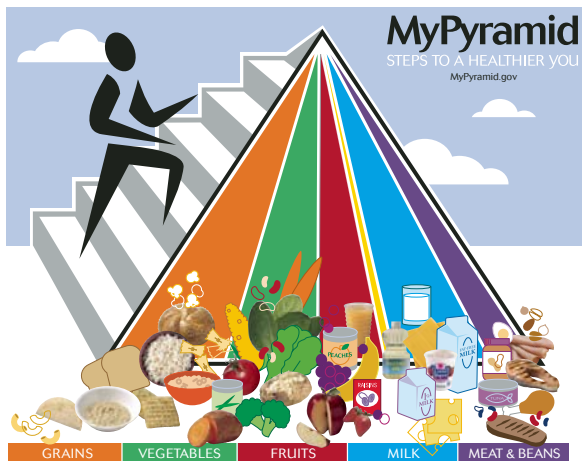


# While participating in a plasmapheresis program...

**Pump up your protein:** Select a diet that fulfills the recommended daily requirements for protein. On average, under normal circumstances, your body requires 50 - 80 grams of protein daily. Proteins can be obtained from foods like eggs, cheese, meat, poultry, fish, nuts and beans. Your protein level will be tested at each visit, and if test results are outside the acceptable range, you will not be able to donate plasma. For a list of foods with high protein, see the back of this brochure.

**Increase your iron:** Every time you donate plasma, a test of your hematocrit, the percentage of blood volume occupied by red blood cells, will be performed to determine if it is adequate for plasma donation. Some women may have a low hematocrit, commonly attributed to a low iron level in the body. This prevents donation. Eating foods high in iron, such as tuna, lean red meat, eggs, nuts, beans, dark green vegetables, raisins or taking a multi-vitamin with iron may help bring the iron level to the acceptable range for plasma donation.



For a 2,000 calorie diet, you need the amounts below daily from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

**GRAINS 6 oz • VEGETABLES 2.5 cups**  
**FRUITS 2 cups • MILK 3 cups**  
**MEAT AND BEANS 5.5 oz**

## List of high protein foods from natural sources:

HIGH PROTEIN FOOD	PROTEIN
EGGS (1 medium size)	6 grams
MILK (1 pint or 568 ml)	19 grams
MILK (1 glass)	6.3 grams
SOYA MILK Plain (200 ml)	6 grams
TOFU (100 g)	8 grams
LOW-FAT YOGURT (plain) 150 g	8 grams
LOW-FAT YOGURT (fruit) 150 g	6 grams
FISH (cod fillets 100 g or 3.5 oz)	21 grams
CHEESE cheddar 100 g (3.5 oz)	25 grams
ROAST BEEF (100g or 3.5 oz)	28 grams
ROAST CHICKEN 100g (3.5 oz)	25 grams
OTHER MEATS AVG. (100g or 3.5 oz)	25 grams



Staying healthy while doing good.



[www.biolifeplasma.com](http://www.biolifeplasma.com)

Health & Nutrition Information from





At BioLife Plasma Services, our chief concern is protecting the health and safety of our donors. Our wellness tips are designed to help you keep your diet well-balanced and to promote good habits to keep you healthy during your participation in our plasmapheresis program.

*If you have special nutrition needs, you may consult with your doctor prior to and/or during participation in the plasmapheresis program.*

## Tips for Before & After every plasma donation

**Down those fluids.** The best way to reduce side effects like lightheadedness when donating plasma is to make sure your body has enough water. In addition, being well hydrated helps “pump up” your veins, and may shorten the time it takes to complete your donation. Drink plenty of water or juice the night before and the day of your donation.

**Eat a healthy meal.** Be sure to eat a healthy (but not necessarily large) meal no more than three hours before giving plasma. BioLife recommends eating foods high in proteins such as lean meat or complex carbohydrates such as bread, cereal, fruits, etc.



**Avoid fatty foods.** Eating fatty foods such as hamburgers, fried foods, cheese, ice cream, cakes, etc., prior to plasma donation can give your plasma a milky appearance. This color change may interfere with the performance of laboratory tests. Therefore, if your plasma has this color appearance, you will not be able to donate plasma that day.



**Skip the caffeine and alcohol.** Caffeinated beverages (coffee, tea, soda) and alcohol can cause dehydration during or after the plasmapheresis procedure. Avoid consuming caffeine at least 6 hours prior to your donation. Avoid drinking alcoholic beverages the night before and the day of your donation, and at least four hours after your donation.

**Not too hot, not too cold.** Drinking very warm or very cold beverages immediately prior to donation may lead to an inaccurate body temperature reading, as well as temporary deferral from plasma donation. Instead, drink a room temperature glass of water or juice to keep your fluid level up.

**Catch some ZZZs.** Be well rested prior to your plasma donation. Sleep experts recommend an average of 7-9 hours of sleep per night in order to function effectively and improve your overall quality of life.

**Skip a donation if you're feeling ill.** If you come to donate when you do not feel well, you will not be eligible to donate that day. Call your BioLife facility to reschedule your appointment and get some rest. This will help ensure your safety and protect the recipients of the products made from your plasma.

**Avoid Smoking.** Smoking before a donation may increase your heart rate and blood pressure to values outside the acceptable range for plasmapheresis; thus leading to a possible deferral. Avoid smoking for at least 30 minutes before and after the completion of your donation. Smoking immediately after your donation may increase your risk of becoming dizzy or fainting. It is also hazardous to your health. Therefore, we recommend that you consider stopping smoking altogether.

**Know when to call BioLife or see a doctor.** Donating plasma is a low risk procedure with minimal or no side effects. However if you feel faint or dizzy after your donation, lie down (with your feet elevated above the heart/head level, if possible). Also, drink something sweet and eat as soon as possible. If any adverse symptoms occur or persist, we encourage you to either contact BioLife's medical or management staff or see a doctor as soon as possible.