

Additional Bloodless Medicine Resources for Patients

If you are one of Jehovah's Witnesses, you can also speak with a member of your local Hospital Liaison Committee about the decisions you're facing. Visit: www.jw.org

For additional information including patient learning videos, success stories and downloadable patient materials, visit the MedStar Health International Training Center for Bloodless Medicine and Surgery website at: www.medstarhealth.org/bloodless

MedStar Health International Training Center for Bloodless Medicine and Surgery

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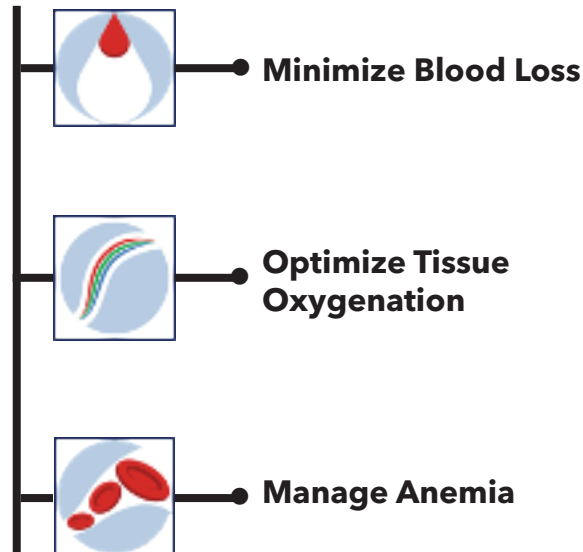
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www.medstarhealth.org/bloodless



International Training Center for Bloodless Medicine and Surgery

The Bloodless Medicine and Surgery Program



It's how we treat people.

What is the Bloodless Medicine and Surgery Program?

Bloodless Medicine and Surgery refers to quality medical care that does not use blood transfusions. At MedStar Health, we strive to anticipate and meet the needs of our patients, physicians, and co-workers. Bloodless Medicine and Surgery clinicians use many different techniques to make transfusions unnecessary. We employ an evidence-based, collaborative, multi-disciplinary approach to medical care. If you are considering a bloodless approach, contact a Bloodless Medicine and Surgery Program Clinical Nurse Coordinator near you.

The Benefits

Bloodless Medicine and Surgery is a safe and effective approach to medical care. Some benefits include:

- Faster recovery
- Shorter hospital stays
- Fewer infections
- Fewer heart attacks and strokes after surgery
- All in all, bloodless patients do just as well - and in many cases, better - than patients who receive transfusions.

Anemia and Its Management

Medical evidence has established that anemia - when you don't have enough healthy red blood cells - leads to poor outcomes when untreated. Have a conversation with your doctor so they can screen for anemia and bleeding risk, then determine strategies to prepare you for surgery. The good news is that anemia is treatable. The sooner anemia is addressed, the sooner you can start treatments to help.

Work with your doctor to lower your risk of medical complications through prevention and management of anemia.

Risk of Bleeding

Discuss any past bleeding and medications with your doctor. You may need to change or stop some of your medicines, especially:

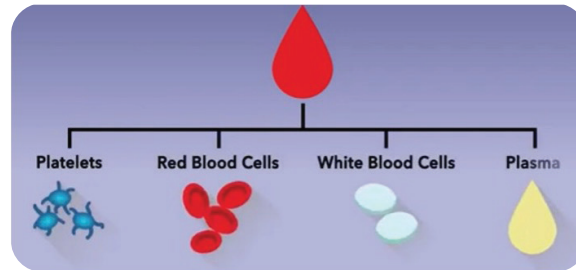
- Blood clot medicines
- Medicines for inflammation
- Stomach acid reducers
- Any over-the-counter medicines that you may be taking

Strategies & Alternatives

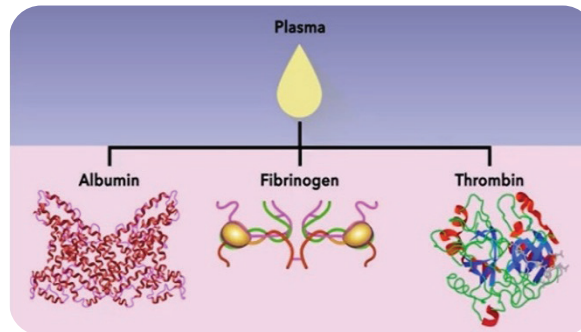
Bloodless Medicine and Surgery involves using proven techniques and procedures to keep blood healthy and minimize blood loss during your medical treatment. If acceptable to you, this could include:

- Medications such as IV iron or nutritional supplements to boost up the hemoglobin in your red blood cells
- Taking as little blood as possible, as few times as possible, for blood tests before surgery.
- Anesthesia that safely lowers blood pressure to minimize bleeding.
- Non-blood products that can stop bleeding.
- A cell salvage machine, that collects lost blood, cleans it, and returns part or all of it to the patient.
- Other equipment or procedures may be available when necessary and acceptable.

Understanding Proteins Derived From Blood (Blood Fractions)



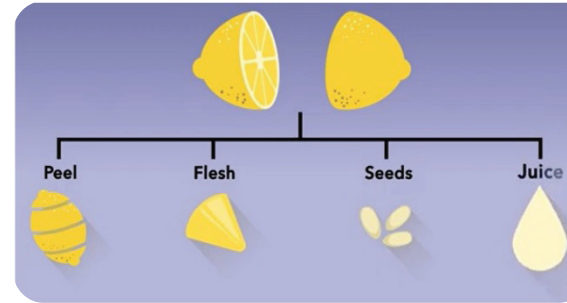
The blood in your body is called whole blood, and it has four major components: platelets, red blood cells, white blood cells, and plasma. Substances taken out of these four components are called derived proteins (or minor fractions).



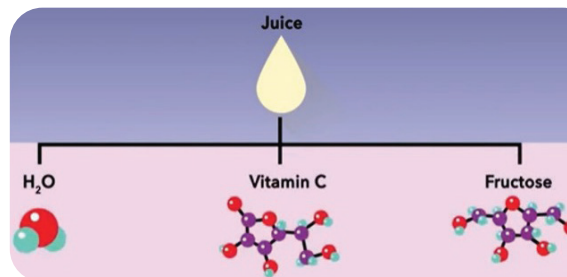
During your medical treatment, your doctor may recommend using a product that contains one or more derived protein.

The Lemon Analogy

Like whole blood, a lemon can be broken down into four parts: the peel, flesh, seeds, and juice. These are the lemon's "major components."



Going a step further, you can take water, vitamin C, or fructose, which is a type of sugar, from the juice of the lemon. These smaller substances are like derived proteins.



Contact Information

To learn more about how these tools and techniques work, ask your care team or contact the Bloodless Medicine and Surgery Program Clinical Nurse Coordinator at your hospital.

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