



Apheresis Instructions

Apheresis is performed as an outpatient procedure and usually takes 5 hours per procedure. The patients or their donor will have 1 to 4 procedures done to collect the required number of stem cells. For several days prior to the procedure, a drug called Neupogen®, which is a growth-factor, is taken in injection form to produce a greater number of stem cells, which are released into the blood.

Apheresis is done by inserting a needle into one arm and connecting the IV tubing to a machine where the peripheral stem cells are separated and collected. The remaining blood components (white cells, red cells and platelets) are returned to you through another IV in your other arm. The only discomfort you may feel is when the IV needles are inserted. In some cases, an IV catheter is inserted in the chest, neck or groin if the veins in the arms are not large enough or strong enough for the procedure.



You will need to report to the Apheresis Unit early in the morning for your apheresis procedure. If you are traveling a great distance, arrangements can be made for lodging by calling the bone marrow transplant social worker or Patient & Visitor Accommodation Program. Someone

should accompany you to this appointment in case you need to be driven home.

Before your apheresis:

- Eat a normal breakfast
- Drink a full 8-oz. glass of milk: you need the calcium for the procedure
- Take the prescription medication you usually take, unless you were told otherwise. (Notify the apheresis nurse of all medication taken)
- If you are on an **ace inhibitor** for your blood pressure, **do not take it the morning before your procedure.**
- Do not take over-the-counter medications unless approved by a transplant doctor. (You may take Tylenol, Motrin or Advil and Claritin)

You should not lift anything heavy for several hours after apheresis to allow the needle sites to heal.

Location: The apheresis procedure is done in the University Hospital-Apheresis Procedure Unit room. This is located on level 2 of the University of Michigan Hospital, near the hospital cafeteria.

Questions? If you have questions regarding your appointment, contact the Transfusion & Apheresis Procedure Unit at (734) 936-6900.

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