COMMON DONOR REACTIONS
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Please review the Power Point presentation by Dr. Lu on this topic, which can be found on the webpage for Block 1.

A. Vasovagal reactions
- Most common type of reactions
- May have some overlap with hypovolemic reactions
- Signs/Symptoms
  - Bradycardia
  - Hypotension
  - Syncope
  - Nausea/vomiting
  - Incontinence
  - Sweating & Pallor
- Treatment: elevate feet, cold compress to neck/forehead

B. Hypotensive reactions
- Seen more in whole blood than apheresis collection due to large fluid deficit
- Signs/Symptoms
  - Tachycardia
  - Hypotension
  - Loss of consciousness
  - Pallor
  - May be difficult to distinguish from vasovagal reactions in some cases
- Treatment: IV or oral fluids

C. Hyperventilation
- Especially common in first time donors
- Signs/Symptoms
  - Shortness of breath
  - Facial twitching
  - Seizure activity (rare)
- Treatment: Re-breathing into a paper bag

D. Citrate toxicity
- Seen in apheresis donors. Citrate used as anticoagulant, which lower plasma free Ca++ level
- Signs/Symptoms (due to hypocalcemia)
  - Circum-oral or extremity tingling, parasthesia
  - Rarely muscle twitching, seizures, cardiac arrhythmias
- Treatment:
  - Stop the procedure
  - Decrease citrate infusion rate (slow down collection rate, increase WB: citrate ratio)
E. Vascular Injury

- Signs/Symptoms:
  - bruising, discoloration, severity varies
  - pain due to compression by expanding hematoma

- Treatment
  - Cold compress within 24hrs of phlebotomy
  - Warm compress thereafter
  - Avoid exertion of affected arm

E. Peripheral Nerve Injury

- Signs/Symptoms:
  - Shooting pain, numbness in the affected area
  - Symptoms may persist for weeks and months, rarely permanent

- Treatment
  - Avoid exertion of affected arm
  - Anti-inflammatory pain relief medications may help
  - Warm compresses for symptomatic relief