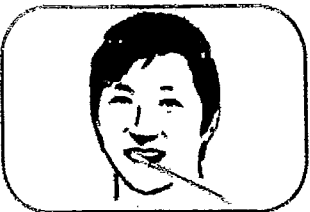


# How to Become a Donor

Stem cells from your marrow or blood could help save a life



1



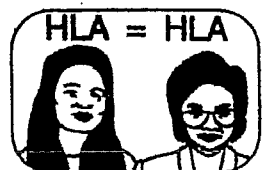
**Join the NMDP Registry.** Complete a brief health questionnaire, sign a consent form, and provide a blood or cheek swab sample for tissue typing. The registry is searched for patients worldwide.

2

**A representative will contact you if you are a potential match.** Blood samples will be needed to see if you are an exact match for a patient.



3



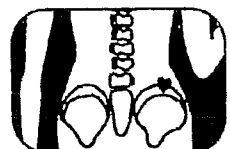
If you are a suitable match, you will attend an information session and receive a physical exam. Each step of this process is voluntary.

4

There are two possible ways to donate your blood stem cells – either **through your marrow** or **through your blood (PBSC donation)**. Health requirements are the same for both ways of donating.

**Marrow Donation**

*30% of the time, this is chosen.*



**A small amount of your marrow is collected from the back of your pelvic bone** using a special needle and syringe. Anesthesia is used during this simple hospital procedure.



**After the donation,** donors may go back to their normal activities. Donors may feel some back soreness similar to falling down on ice. Your bone marrow completely regenerates after the donation.

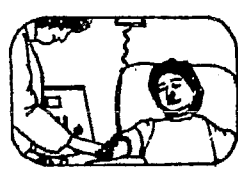
**PBSC Donation (through your blood)**

*70% of the time this is chosen*



5

To prepare you for the donation, you will receive medication for 4-5 consecutive days in the form of injections right under the skin. The medicine is to make your bone marrow produce more blood stem cells and to release the stem cells into your circulating blood.



6

On the fifth day, a machine will draw blood from one arm, separate the excess stem cells, and return the rest of your blood back to your body in the other arm.

**After the donation,** your body will normalize and the medication is completely gone from your body.