



Stem Cell Donors
Australia

**What happens
during the
Workup
appointment?**

Before you can donate bone marrow or peripheral blood stem cells (PBSC), you must attend a Workup appointment.

This crucial step ensures that you're in good health and that the donation process will be safe for you and the recipient.

Workup will occur at the same specialised collection centre where you'll donate. Your Donor Support Coordinator will do their best to arrange your Workup appointment and donation at a collection centre that is most convenient for you, although sometimes this isn't possible.

Workup must take place within 30 days of your actual donation to ensure your assessment is current. If the bone marrow or PBSC donation is delayed, you may be required to repeat blood work or complete another health history questionnaire to ensure nothing has changed.



1. Before your Workup appointment

We encourage you to:

- eat a substantial breakfast that is not too high in fat,
- be well hydrated, and
- avoid alcohol and other recreational drugs.

To make you feel comfortable, you can bring someone along with you. The goal is to provide you with detailed information so you can make an informed decision about proceeding. Make sure to ask lots of questions.

2. Review of the donation process

- a. Explanation of the procedure.** Your Workup clinician will review the donation procedure with you, explaining what will happen on the day of the donation, what you should do to prepare, and what to expect during recovery. This is a good time to ask any questions or express any concerns you might have. You may have specific questions you'd like to ask your Workup clinician. There are also practical questions you could ask, like:
 - How long does the process take?
 - How can I go to the toilet or eat while hooked up?
 - What time do I need to arrive on donation day?
- b. Discussing potential risks and side effects.** You'll also discuss the potential risks and side effects of the donation. The Workup clinician will explain how these risks are managed and what you should look out for after the procedure.

3. Medical history review

- a. Detailed health questionnaire.** One of the first steps in your Workup appointment will be a thorough medical history review. You'll complete a detailed health questionnaire about your past and current medical conditions, surgeries, medications, and any potential risk factors for the donation process.
- b. Discussion with your Workup clinician.** Your Workup clinician will review your health questionnaire answers with you, asking follow-up questions to clarify details. This discussion helps ensure that you're a good candidate for donation and that there are no health concerns that might complicate the procedure.

4. Physical examination

- a. General health assessment.** You'll undergo a physical examination to assess your overall health. This includes checking your vital signs, such as blood pressure, heart rate, and temperature. The haematologist will also examine your heart, lungs, abdomen, and other areas to ensure everything functions normally.
- b. Blood tests and other diagnostics.** As part of the physical examination, blood samples will be taken to test for infectious diseases, check your blood count, and ensure your organs function properly. You might also undergo additional tests, such as an electrocardiogram (ECG) to assess your heart's activity or a chest X-ray if necessary.
- c. Assessment for bone marrow donation.** If you donate bone marrow, your Workup clinician will assess your build and medical history to check your physical suitability for the procedure. A basic assessment of your fitness for general anaesthetic will also be done as a prelude to a specialist anaesthetic assessment that will usually be done on the day of donation.
- d. Assessment of the veins in your arms (if donating via PBSC).** If you're donating via PBSC, the hospital staff will assess the veins in your arms to ensure they are suitable for donation.



If you feel unwell at any point before attending appointments, please inform your Donor Support Coordinator or Hospital Coordinator immediately.

5. Final steps

- a. Paperwork and consent forms.** After the medical team has discussed the procedure with you, answered all your questions, and completed your physical examination, you will be asked to sign consent forms to agree to donate.
- b. Confirmation of eligibility.** It may take a week or more before your Workup clinician gets your test results back, formally declares you fit to donate and signs the final donor clearance forms. During this time, your Donor Support Coordinator will keep you informed.

The Workup appointment is critical in ensuring you're ready to donate safely. It's an opportunity to learn more about the process, address any concerns, and confirm that you're in good health for the procedure. With the support of your medical team, you can feel confident and prepared as you take this important step toward donation.