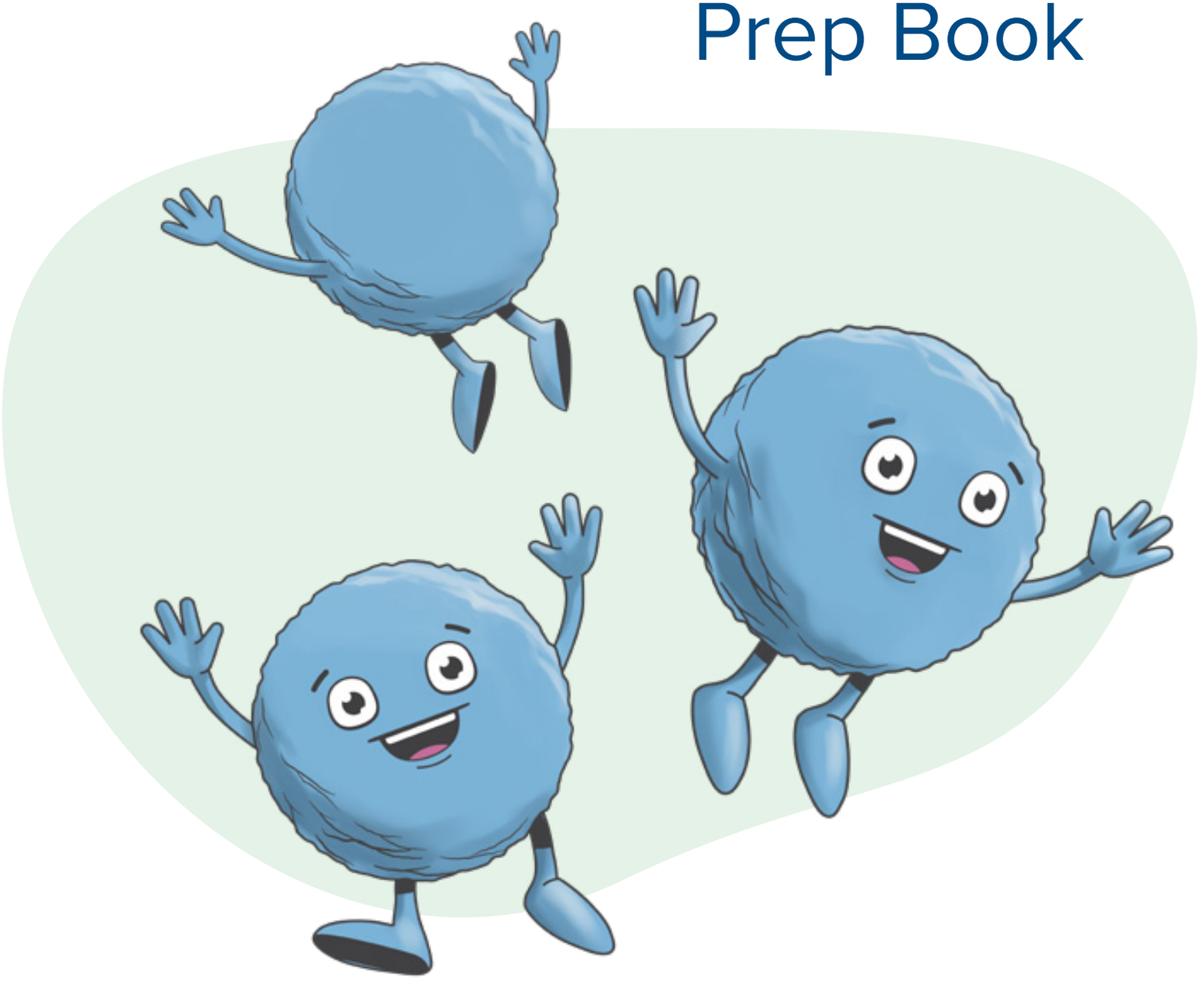
Stem Cell Donor

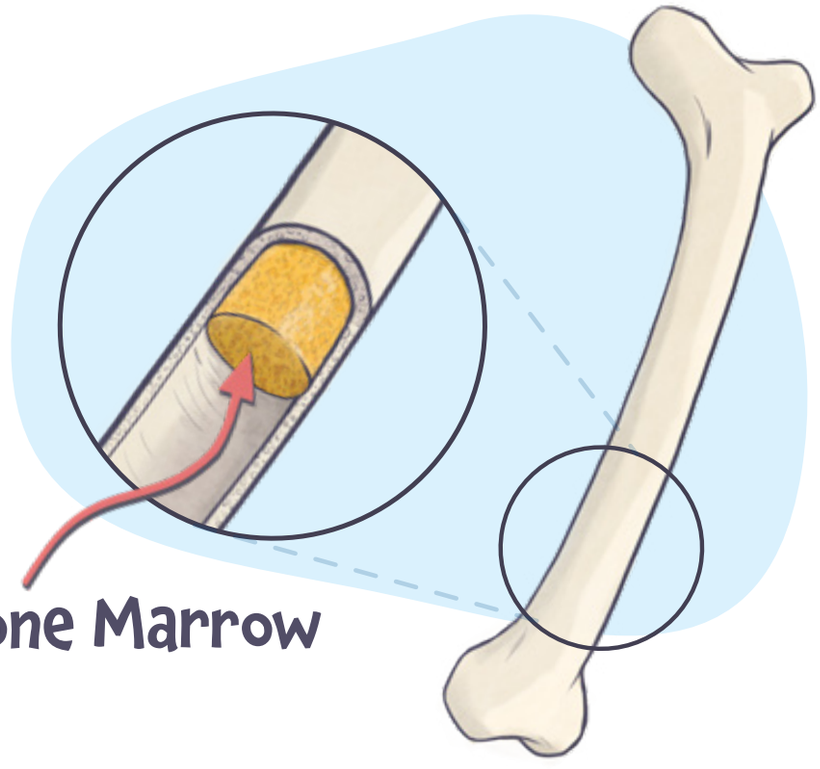
Prep Book



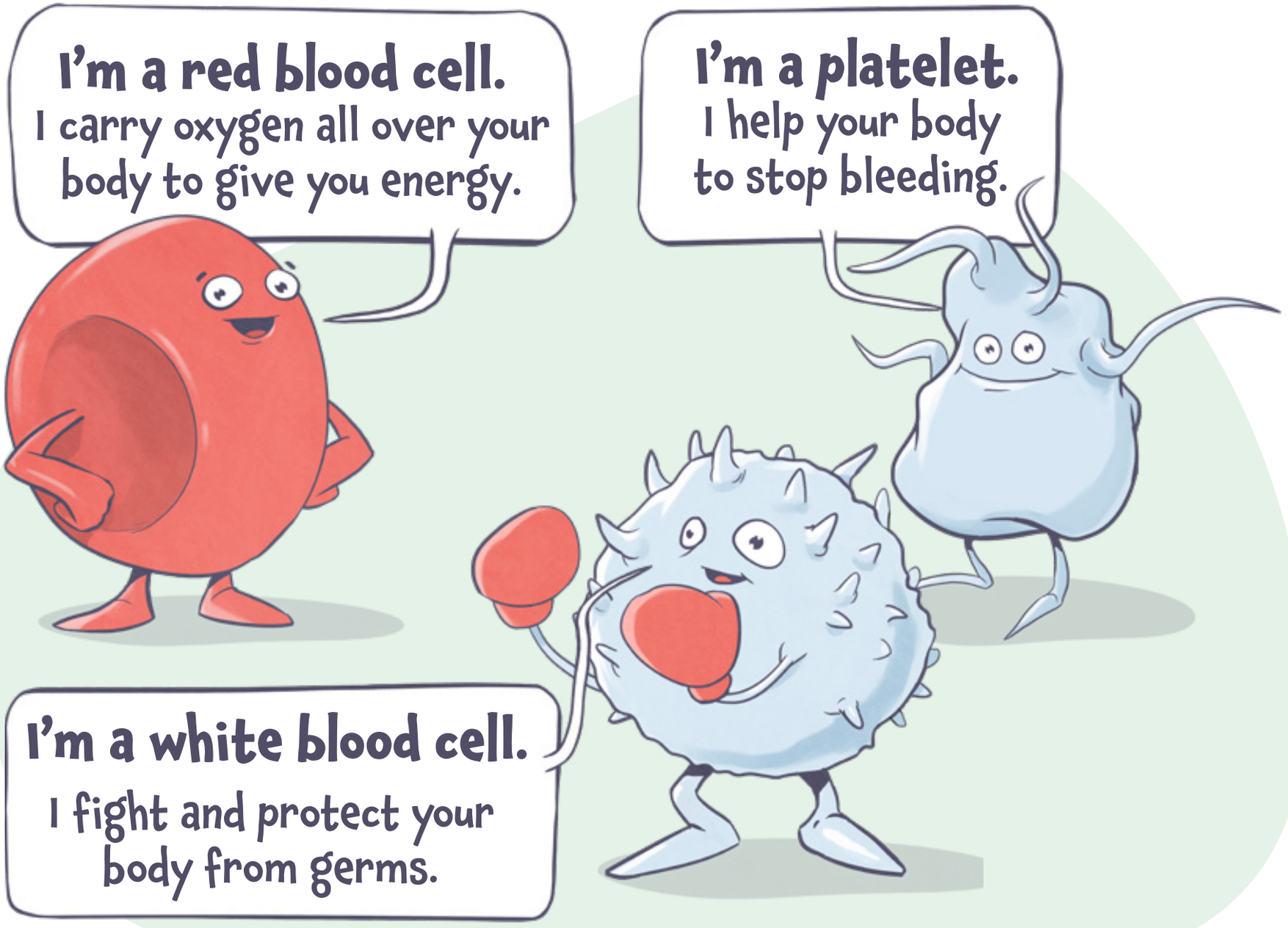
by **UC Davis Child Life**

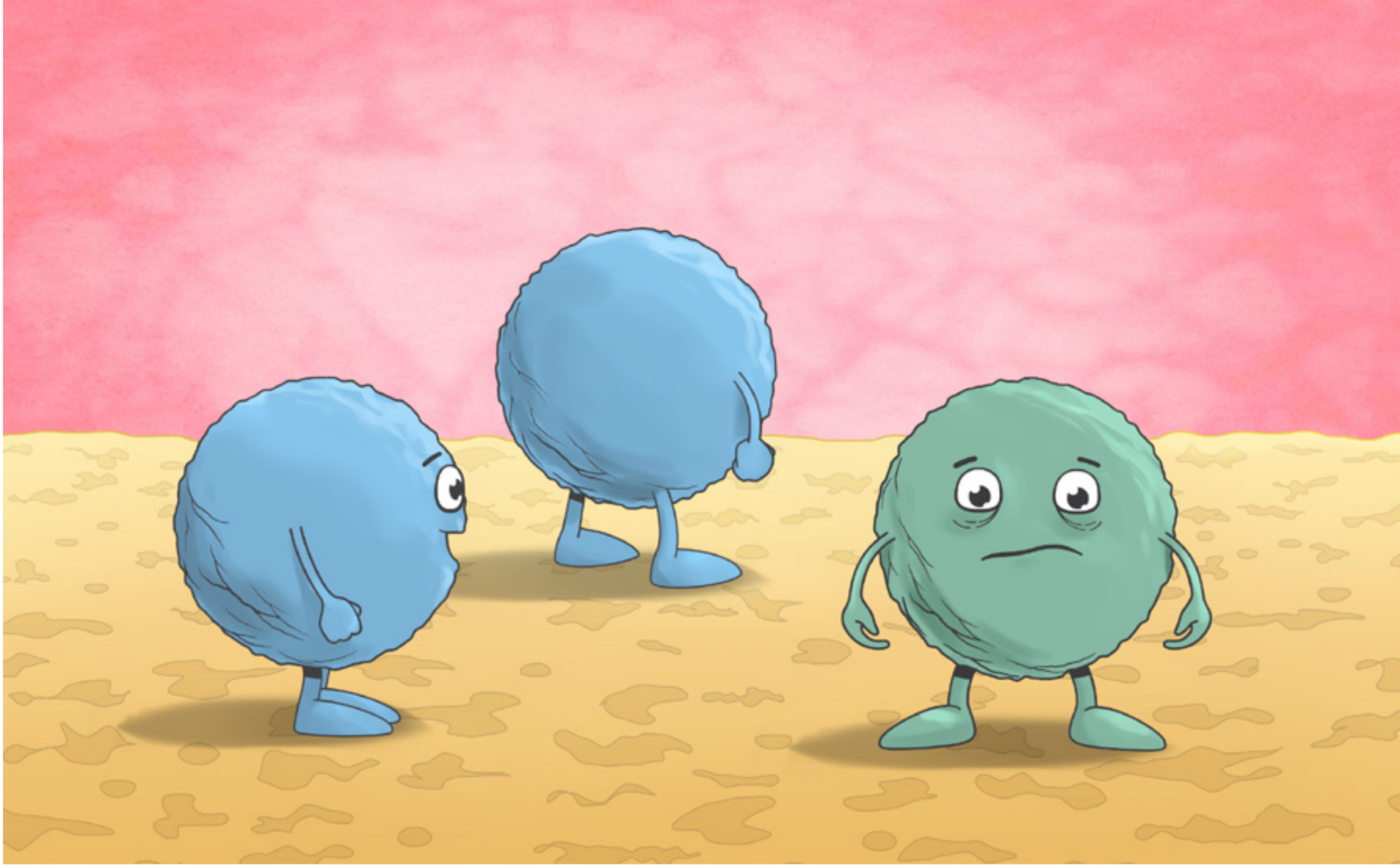
My name is Hannah and I was a Stem Cell Donor. I will tell you all about it in a place here at camp called the learning lab. Come along with me!

Stem cells are made inside of your **bone marrow**. They are baby cells that grow into any type of blood cell that your body needs to stay healthy.



There are 3 different types of blood cells...





A **stem cell donor** gives healthy stem cells to a recipient. A **recipient** is someone who is sick or has bone marrow that doesn't work well. This means they aren't able to make healthy stem cells on their own.

Stem cell donors can be a family member or someone you do not know.

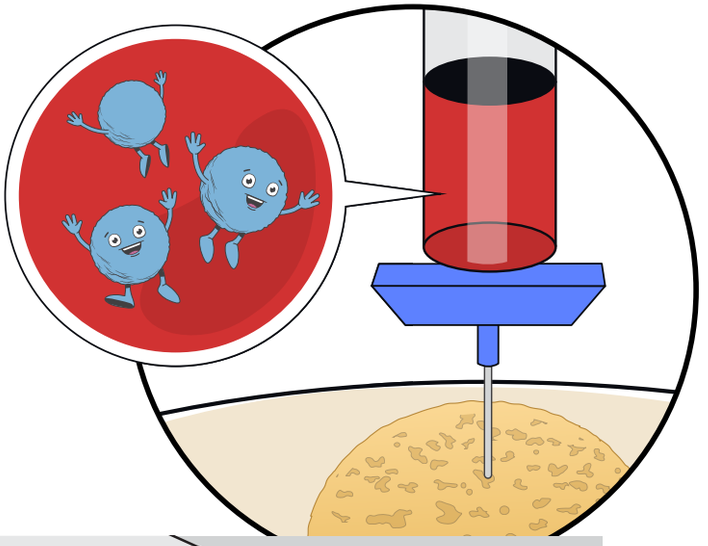
Bone Marrow Harvest

There are two ways to donate stem cells. One way is through a **Bone Marrow Harvest**, and the other is through **Apheresis.**

Apheresis

A bone marrow harvest is done in a surgery center. You are given medicine called anesthesia to stay asleep and not feel anything during the procedure.

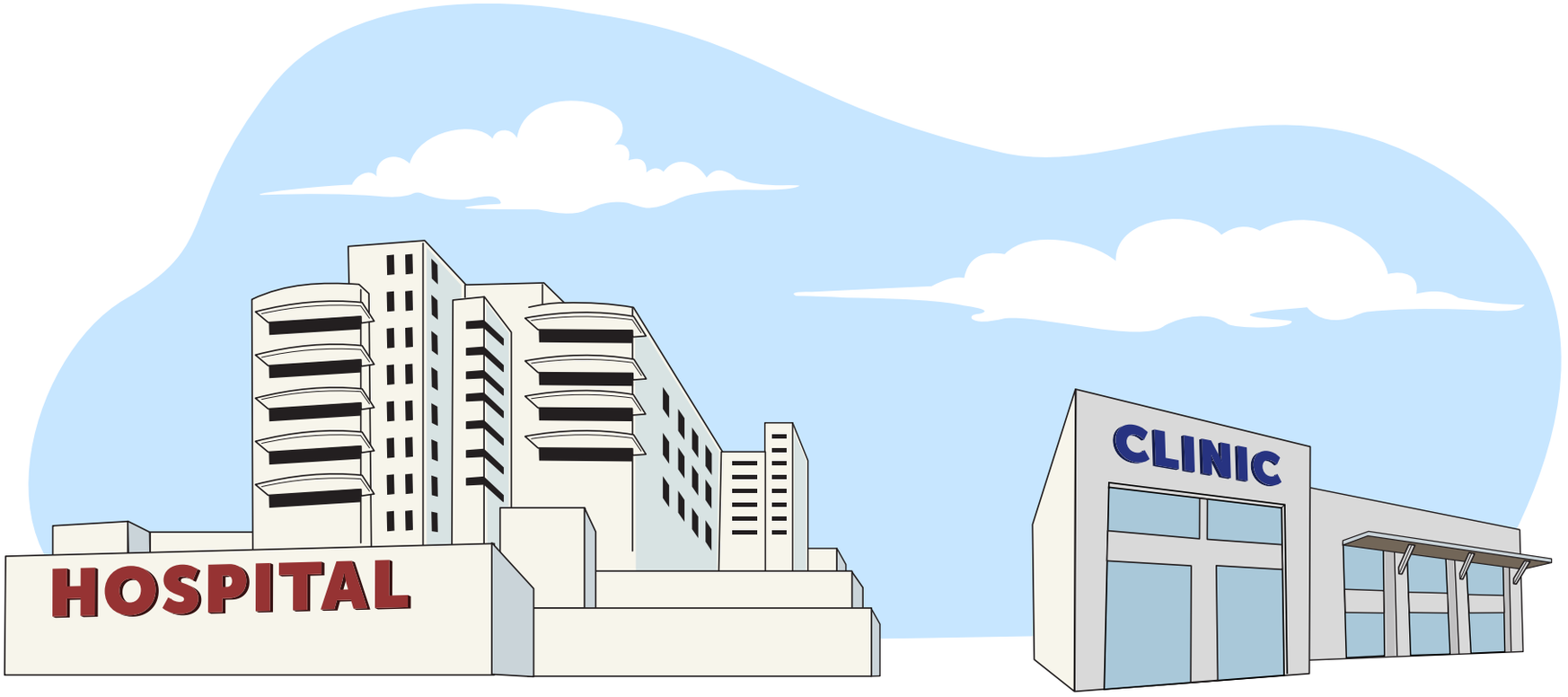
Once asleep, the doctors will help turn your body onto your stomach. They will then poke both of your hip bones and collect the stem cells needed for donation.



After the procedure, you will wake up in a hospital bed with your caregiver nearby. Your hips will have big band-aids on them and may be a little sore.

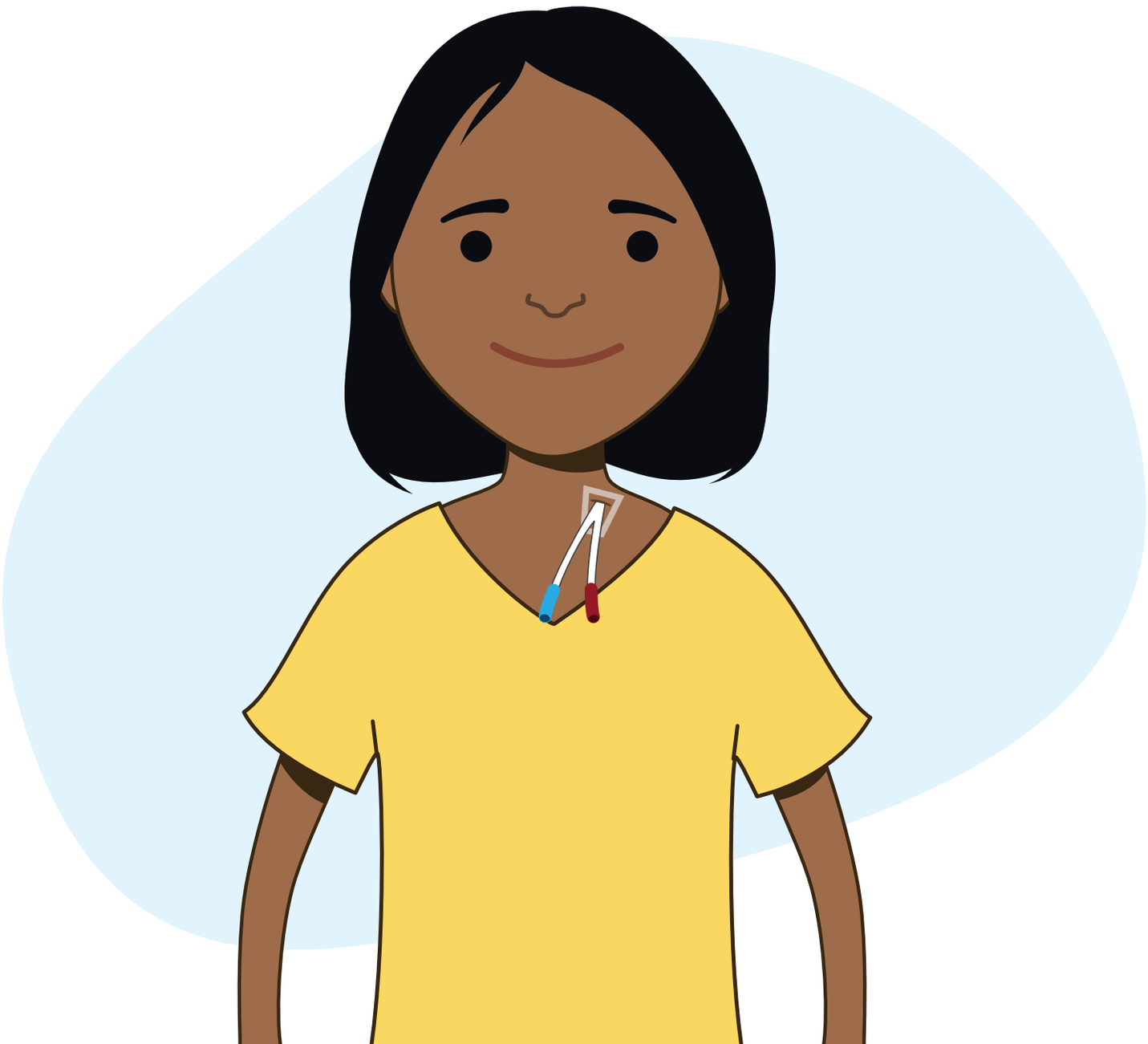
You may go home that same day or stay overnight in the hospital for monitoring and pain medicine.

Apheresis



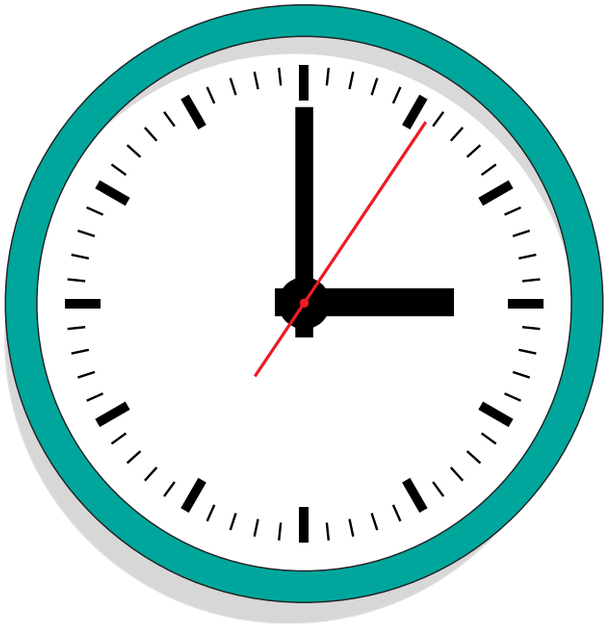
The other way to donate stem cells is through **Apheresis**. Depending on what is best for you, this is usually done in the hospital but can sometimes be done in a clinic.

First, a long, thin flexible tube, called a **central line**, will be placed into a vein in your body. This is usually done while under anesthesia and asleep. After the central line is placed, you will come back another day for the apheresis.



When you arrive to start apheresis, your central line will be connected to a machine that will collect some of your blood. It then separates the stem cells needed and returns the remaining blood back to you through the central line.

It is important to stay still during apheresis, so finding calm activities like reading, coloring, listening to music or watching movies can be helpful.



Apheresis can take several hours but may take longer depending on the amount of stem cells needed. Once the collection is done, the central line is gently removed, and you can go home.

The stem cells will then be sent to a lab where they will be prepared and given to the recipient who needs them. The recipient will then be able to grow healthy blood cells thanks to your stem cell donation.

Being a Stem Cell Donor and helping someone else is a very generous act and something I am so proud of myself for doing!

Thank you for joining today's learning lab. Now, back to the soccer field so we can win this game!

Glossary

Stem Cells: Cells made inside of bones. They are baby cells that grow into any type of blood cell that the body needs to stay healthy.

Bone Marrow: A cell making factory found inside of your bones.

Red Blood Cell: Cells that carry oxygen to all parts of the body to provide energy.

White Blood Cell: Cells that fight infection and protect the body from germs.

Platelets: Cells that help the body to stop bleeding.

Stem Cell Donor: A person who gives healthy stem cells to a recipient.

Stem Cell Recipient: Someone who is sick or has bone marrow that doesn't work well. This means they aren't able to make healthy stem cells on their own.

Glossary

Bone Marrow Harvest: A procedure done under anesthesia where the hips are poked and stem cells are collected from the hip bones.

Apheresis: A process for collecting stem cells through a central line. Your central line is connected to an apheresis machine where blood is collected, and stem cells are separated out. The remaining blood is then returned to the body through the central line.

Central Line: A central line is similar to an intravenous (IV) line that goes into veins on the arms. But a central line is much longer than a regular IV and can be placed on the chest or neck. The central line tubing goes to a vein near the heart. The tubes may be underneath the skin or outside of the skin depending on what kind of line the patient needs.

Word Search

- Words can go in any direction
- Words can share letters

O B Y L X W V L U M A U J G Q
V M O L L V A M A B K C D R T
S F G N L E M W S D A E X R Q
P Z V Z E O C H F U V N U O S
K L E M P M Z M P E J T Z N K
U F F R O P A Y E P Z R J O F
V I C Q R E G R L T H A A D E
L P F Y T B V A R X S L J L Q
I C G T M H T T D O R L I L L
H F G W Q E X Q Y Y W I B E B
J G R B L U L N C Q T N D C M
A P H E R E S I S H G E B M S
A I T L L E C D O O L B D E R
E S F C M Y G O M W L H V T V
N O M Z G H M M X W N H A S H

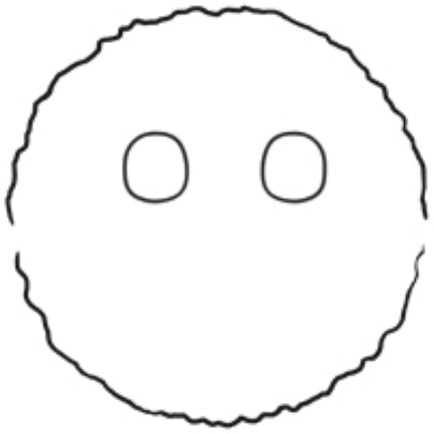
Apheresis
Bone Marrow
Central Line
Platelets
Red Blood Cell
Stem Cell
Stem Cell Donor
White Blood Cell

Questions?

As you learn about being a Stem Cell Donor, you may have some thoughts or questions. Feel free to write them here!

How to Draw a **Stem Cell**

1



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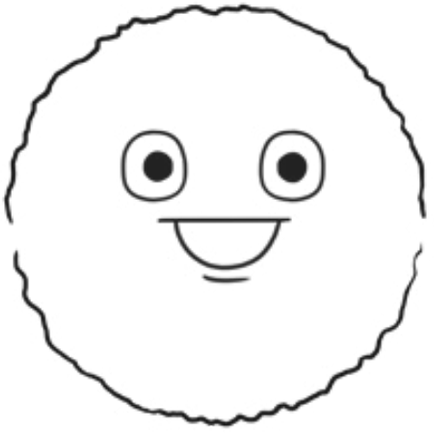

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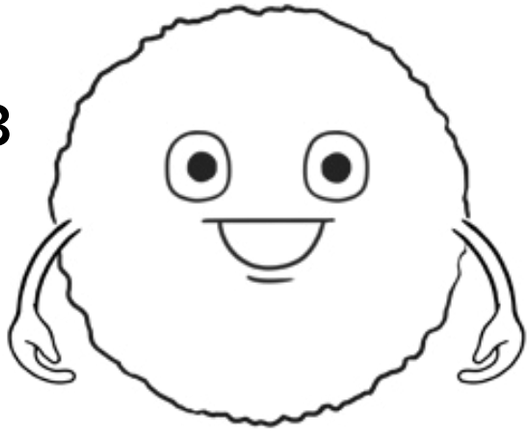

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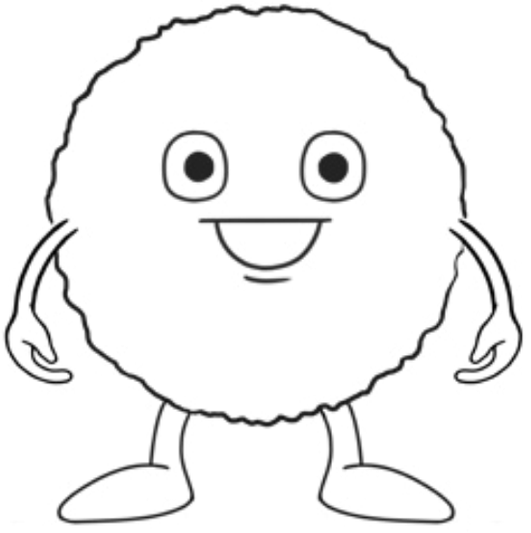

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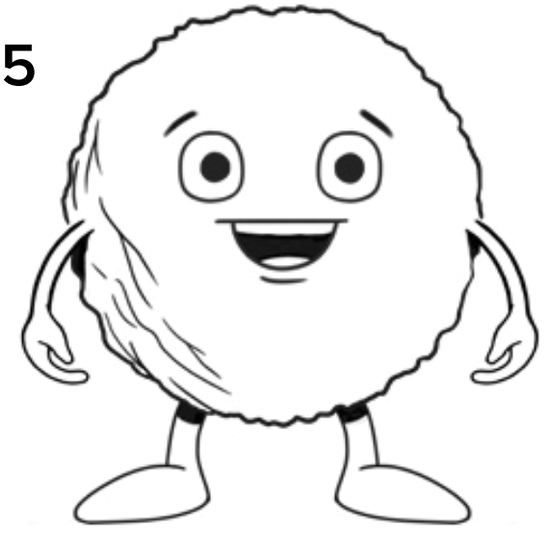

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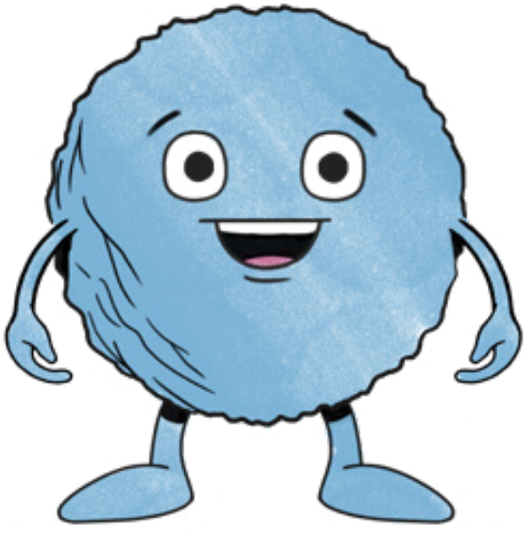

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Scan QR code to learn more about stem cell donors.