How to Become a Donor

www.aadp.org | 1-800-59-DONOR

1. Join the Be The Match Registry
   Complete a consent form and provide a swab of cheek cells for tissue typing. The registry is searchable by patients worldwide. Matching is based on genetic markers obtained from your cheek cells.

2. If you are a potential match
   You will receive a call if you’re a potential match. Blood test determines whether you are a patient’s perfect match. The donor decides whether or not to continue.

3. Donation methods
   The patient’s doctor decides which of these methods is best. Which procedure will happen depends on the patient’s age, health status and doctor’s evaluations of the donor.

- Marrow Collection (25% of donations)
  - Marrow is taken from the back of the hip bone, not the spine.

- PBSC Donation (75% of donations)
  - Blood & Stem Cells go out one arm
  - Blood minus Stem Cells goes back in the other arm

A small amount of marrow is collected from your hip bone using a needle and syringe. Anesthesia is used during this simple hospital procedure so you do not feel the extraction.

After the donation, you may be sore for a few days to a few weeks while you recover, but normal activity may be resumed the day after. You marrow replenishes itself within a few weeks.

Before you donate, you receive injections of Filgrastim for 5 days to increase the number of blood-forming cells in your bloodstream. You may experience flu-like symptoms for a few days before donate because of the medication.

After the donation, your body normalizes the very next day as 99% of the Filgrastim is gone from your body.