

PLASMA DONATION

MYTHS VS. FACTS



MYTH

Plasma donation is risky and complicated.

Plasma donation is the same as donating blood.

Plasma isn't an essential medical resource.

Most people aren't eligible to donate plasma.

FACT

Plasma donation is a safe and well-regulated process. Donation happens in sterile, highly controlled centers, performed by trained medical staff who monitor you throughout. Your body replaces the plasma you donate within about 24 to 48 hours. Eating a healthy meal and drinking plenty of water beforehand helps you feel your best.

Plasma donation is different from blood donation. While both start with a needle in your arm, plasma donation uses a process called plasmapheresis. Your plasma is collected, and your red blood cells, white blood cells, and platelets go back into your body. That's why you can donate plasma more often than blood.

Plasma is necessary for many lifesaving medical treatments. Plasma is often given to trauma, burn, or shock patients, and it's also used to create plasma protein therapies that treat a variety of rare, chronic diseases like Primary Immunodeficiency.

Many people are eligible to donate plasma, but less than 5% of them do. To donate plasma you must be 18 years or older, weigh over 110 pounds, and be in good overall health. First-time plasma donors will complete a quick screening, which typically includes checking your vitals, measuring your iron, and a brief medical history.