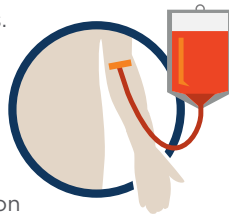


TWO WAYS TO DONATE

90% Most donors are asked to provide blood stem cells collected from circulating blood.

Peripheral blood stem cell (PBSC) donation is the most-used method of collecting blood-forming cells.

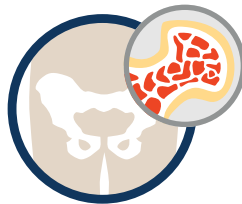
- Similar to donating plasma or platelets
- Non-surgical outpatient process
- Typically back to regular routine in 1-2 days
- Requires five days of shots leading up to donation



10% Some donors are asked to provide blood stem cells collected from bone marrow.

Marrow donation is done while under general anesthesia. Doctors use a needle to withdraw liquid marrow (where the body's blood-forming cells are made) from the pelvic bone.

- No pain during donation
- Outpatient procedure
- Typically back to regular routine in 2-7 days



For more information, scan here:



Thanks for your interest in the registry!

Important things to know about joining and being a donor:

- The cheek swab you provide will be used to add your tissue type to the registry. You're not donating to a patient today.
- Keep your contact information up to date by visiting my.BeTheMatch.org. If you match with a patient, we'll call, email, text and/or send you a letter. You can't help if we can't find you!
- If you're a match, you'll be asked to provide blood samples for further testing. **Be The Match® pays for all donation-related costs, including medical appointments, lost wages, travel, pet care and more.**
- The donation process is spread out over 4 to 6 weeks, which includes calls and appointments but not travel time. Donation typically takes a day and recovery can vary, but donors should expect to return to most activities within a week.
- Talk to your friends and family about your decision to be a donor. Find resources on our [website](#).
- If we contact you, respond quickly. Donation may not take place for several weeks, but we need to know ASAP if you're no longer interested or aren't able to donate.
- Opt out of patient searches anytime, either temporarily or permanently. To update us on your status, call 1 (800) MARROW-2.

