

Receiving Blood Transfusions

Blood is made up of fluid called plasma that contains red blood cells, white blood cells and platelets. Each part of the blood has a special purpose. A person may be given whole blood or only the parts of the blood needed to treat an illness or injury.

Types of Blood Transfusions

A transfusion is the process of giving whole blood or parts of the blood through an intravenous (IV) catheter tube into a blood vessel. Your doctor will talk to you about the type of transfusion he or she recommends to treat your condition.

- **Red blood cells** – This is the most common part of the blood given. Red blood cells are what give blood its red color. Red blood cells carry oxygen from the lungs to other parts of the body then carbon dioxide back to the lungs. A red blood cell transfusion may be needed if you have lost blood to surgery or injury, or to treat anemia.
- **Plasma** – This is the liquid part of the blood that contains proteins that help blood clot and fight disease. Plasma transports water and nutrients to your body's tissues. It is often given to replace blood that has been lost after bleeding.
- **Platelet** – These cells work with proteins in plasma to help blood clot. Platelet transfusions are given when the platelet count is too low.

The blood used in transfusions most often comes from volunteer donors. The blood is carefully screened for disease to make sure that it is safe.

輸血を受ける

血液は血漿と呼ばれる液体から成り、その中を赤血球、白血球、および血小板が流れています。血液の各成分には特別な目的があります。人は全身交換輸血を受ける場合や病気やケガの治癒に必要なだけの部分交換輸血を受ける場合があります。

輸血の種類

輸血とは、静脈内（IV）カテーテルを血管に挿入して全身の血液または血液の一部を投与する処置です。治療のために推奨される輸血の種類について主治医から説明があります。

- **赤血球** – 輸血される血液の最も主要な部分です。赤血球によって血液が赤く見えます。赤血球は、肺から酸素を身体の別の部分へ送り、二酸化炭素を肺に運びます。手術やケガによって失血した場合や貧血を治療するために赤血球輸血が必要な場合があります。
- **血漿** – 血液の液体部分です。止血作用があり、病気と闘うタンパク質を含みます。血漿は、水分と栄養分を身体の組織へ運びます。しばしば、出血により喪失した血液の置換液として投与されます。
- **血小板** – この細胞は血漿内のタンパク質と共に働き、止血作用があります。血小板の数が減少した場合に血小板輸血が行なわれます。

輸血に使用される血液のほとんどがボランティアの提供者によって提供されます。輸血用血液は安全のために病原菌の検査が入念に行なわれます。

What to Expect

Preparing for Treatment

If the transfusion is not an emergency, a sample of your blood is taken to match your blood to donor blood and to decrease the chance of an allergic reaction. This sample of your blood is taken to find:

- Your blood type (A, B, AB or O) and whether you are Rh-positive or Rh-negative.
- Compatible donor blood. This is called cross-matching. A small sample of your blood is mixed with a small sample of donor blood to make sure they mix smoothly and are thus a match.

Tell your doctor if you have allergies or have had a reaction to a past blood transfusion.

Signs of an Allergic Reaction

An allergic reaction to a blood transfusion is not common. If a reaction occurs, it can be treated. Most reactions occur while you are receiving blood or soon after. Signs of a reaction include:

- Hives or itchy skin
- A fever
- Chills
- Dizziness
- Chest pain or ache
- Shortness of breath
- Back pain
- Pain at the transfusion site

輸血処置の内容

準備

輸血が緊急でなければ、アレルギー反応のリスクを低減するために、貴方の血液のサンプルを採って、提供者の血液と照合します。この血液のサンプルを採ることで以下の情報を調べます。

- 貴方の血液型（A、B、AB、または O）および血液が Rh+ 型または Rh- 型か。
- 提供者の血液の適合性。これは交差試験と呼ばれます。貴方の血液サンプルと提供者の血液サンプルを少量ずつ採って混ぜて、スムーズに混ざれば適合していることが確認されます。

アレルギーがある場合や過去に輸血を受けたときに反応があった場合は、主治医に伝えてください。

アレルギー反応の兆候

輸血に対するアレルギー反応はめったに起こりません。反応が起きても処置は可能です。ほとんどの反応は輸血を受けている最中、または輸血直後に発生します。反応の兆候例には以下のものがあります。

- じんましんや皮膚のかゆみ
- 発熱
- 寒気
- めまい
- 胸痛
- 息切れ
- 背中の痛み
- 輸血部位の痛み

During the Transfusion

- A small needle is inserted into a blood vessel, most often in your arm or hand, and a small sample of blood is taken and tested to confirm your blood type. You will feel a pinch when the needle is inserted.
- A small plastic tube, called an intravenous (IV) catheter, is left in the blood vessel. You receive blood through this tube. The donor blood, which is in a blood bag hanging from an IV pole, flows out of the bag through tubing into your blood vessel.
- A transfusion can take up to four hours depending on the type of transfusion you are having and how much blood is being given.
- You will be checked often to watch for a reaction or other problem. Your temperature, pulse and blood pressure will be checked. **Tell your nurse right away** if you have any signs of a reaction during your transfusion.
- When the transfusion is complete, the catheter tube is removed and a bandage is placed over the site. You may have some mild bruising or discomfort for a few days at the site. If you are in the hospital, the tube will stay in place.

After You Go Home

Call your doctor right away if you have any signs of a reaction at home after your transfusion. In rare cases, reactions occur days or weeks after a transfusion. **Call your doctor right away** if you have any of these signs:

- Kidney problems, such as dark urine, more or less urine, or back pain
- Nausea and vomiting
- Yellowing of the skin or whites of the eyes
- Fever, cough, runny nose or muscle pain

輸血中

- 大抵の場合、腕または手の血管に細い針が挿入されて、血液型を確認するための少量の血液サンプルが採取されます。針が刺さるときにはチクッとします。
- 静脈内（IV）カテーテルと呼ばれる細いプラスチックのチューブは血管に挿入されたまま残ります。このチューブを通して輸血を受けます。提供者の血液が入った袋が点滴スタンドに提げられ、この袋からチューブを通して血液が血管へ送られます。
- 輸血処置の種類と輸血量に応じて、4時間程度かかる場合もあります。
- 反応やその他の障害が生じていないかまめにチェックを受けます。体温、脈拍、血圧がチェックされます。輸血中に何らかの反応の兆候が現れた場合、直ちに看護師に伝えてください。
- 輸血が済むと、カテーテルチューブは取り外されて、患部に救急絆が貼られます。数日間、患部に軽いあざや不快感が残る場合があります。入院中の場合、チューブは取り外されません。

帰宅後

輸血が済んで帰宅後に反応の兆候が現れた場合、直ちに主治医に連絡してください。希ですが、輸血を受けてから数日後または数週間後に反応が起きることもあります。以下の症状が出た場合は、直ちに主治医に連絡してください。

- 暗色尿が出たり、尿の量が変化したり、背中に痛みを感じる
- 吐き気や嘔吐がある
- 皮膚または白目の部分が黄色くなる
- 発熱、咳、鼻水、または筋肉痛

Talk to your doctor or nurse if you have any questions or concerns.

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質問や不明な事項については、主治医または看護師にご相談ください。

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Receiving Blood Transfusions. Japanese.