

Autologous Serum Eyedrops

This brochure will provide you with important information to prepare you for your Serum Eyedrop collection at Lifeblood. Please take the time to familiarise yourself with the following information.

How to prepare for your blood donation

- Get a good night's sleep the night before.
- The day before you donate, drink plenty of fluids, especially in warm weather.
- Eat salty foods in the 12 hours before and eat a substantial, preferably salty, meal or snack in the 3 hours before you donate.
- In the 3 hours before donating, drink at least 3 good-sized glasses of water or juice.
- Arrange a driver/companion if required
- Finally, don't forget to bring your ID to your appointment.

What to expect when you donate

- You'll be welcomed by our friendly staff and asked to complete a Donor Questionnaire.
- Next, you'll meet with a staff member who'll make sure it's safe for you to give blood on that day.
- You'll need to sign your Serum Eyedrops consent form.
- After giving blood, you'll be able to choose something to eat and drink, for free, and we strongly advise that you stay with us for at least 15-20 minutes after your donation to rehydrate, relax and let your blood volume adjust.

What happens to my blood?

- Your blood donation is tested for all the same things a routine donation is including your blood group and a number of infections that can be passed on in blood
- The part of the blood used to make Serum Eyedrops is called serum - this is separated from the rest of your blood and diluted with saline.
- The diluted serum is then dispensed into vials, packaged into a carton, labelled and frozen.



Figure 1
Serum Eyedrop vials

Collecting & storing your Serum Eyedrops



CAUTION! The delivery container contains dry ice.

Dry ice is solidified carbon dioxide and it turns into carbon dioxide gas when it melts. Dry ice can be very dangerous in a small space that is not well ventilated. If enough carbon dioxide gas is present, a person can become unconscious and in some cases, die. **You MUST follow the following safety precautions when collecting and storing your Serum Eyedrops.**

- When transporting your boxes of Serum Eyedrops, always keep vehicle windows open to bring in fresh air.
- Dry ice is much colder than regular ice, and can burn the skin similar to frostbite. Always handle dry ice with care and avoid direct skin contact. You should wear insulated or leather gloves if touching it.
- Once you take your Serum Eyedrops out of the large box, leave the lid off and allow the dry ice to slowly evaporate in a well-ventilated area.
- Do not remove the dry ice from the original container.
- Keep dry ice out of the reach of children.
- Never eat or swallow dry ice.
- Never place dry ice in an airtight container.
- Avoid inhaling carbon dioxide gas.



Figure 2
Boxes to be picked up

- One of our staff will contact you when your Serum Eyedrops are ready to be collected from a specific hospital.
- You will be given all the Serum Eyedrops at one time. This could be either 6 or 12 cartons.
- These will be given to you in one or two large boxes around 7 kilograms each.
- You might need to arrange someone to help you transport them home.
- The cartons inside the box need to be put into your freezer as soon as possible.
- 12 cartons take up about the space required for 5 x 2L ice cream containers. If you don't have enough space at home in your freezer, you might need to arrange for family to help you to store them.

Disposing Serum Eyedrops

You can dispose of any unused Serum Eyedrops or packing by placing them inside a bag and sealing the bag inside a second bag then placing in your household rubbish bin.

What are the possible risks of this treatment?

Your Eyedrops do not contain any preservatives, meaning there is a small chance of bacterial contamination. This can cause irritation, inflammation and, rarely infection. For this reason, it's extremely important that you use the number of drops advised by your ophthalmologist. Please consult with your ophthalmologist and read the information on the side of the carton on how to use your eye drops carefully. If you notice that they cause discomfort or irritation, stop using them immediately and consult your ophthalmologist.

Questions and feedback

If you have a question about the use of your Serum Eyedrops, the frequency or the dose, please contact your ophthalmologist.

You can also access an animated version of the Serum Eyedrop journey using this QR code. Simply hover your phone's camera over the adjacent image. Alternatively use the link:
<https://mytransfusion.com.au/serum-eyedrops-sed>



To give us feedback please visit www.my.donateblood.com.au