

**To join NZBMDR, you must donate a unit of blood at a NZ Blood Service (NZBS) Donor Centre or Mobile.**

To find your nearest blood donor centre or to make an appointment to give blood call 0800 GIVE BLOOD (0800 448 325) or visit [www.nzblood.co.nz](http://www.nzblood.co.nz).

Once you have registered as a potential donor, your tissue type record will be entered into an international database.

NZBMDR will only contact you if you are identified as a potential match for a patient.

#### **Confidentiality**

Your personal details are kept confidential. Your tissue type, age, sex and ethnicity are entered onto NZBMDR with a numerical code. Only your unique identifying code and appropriate genetic and medical details are released to accredited transplant centres. Your personal details will not be given to anyone outside NZBMDR without your consent.

#### **Can I change my mind?**

If you are contacted as a potential donor, you may need to decline for reasons such as poor health, family or work commitments. If you are keen to donate to the patient you will have a medical assessment by an independent specialist who will explain the process and answer any questions. If you agree to continue, a date for marrow cell collection will be allocated. Once the patient starts chemotherapy and/or radiotherapy to destroy their marrow cells it will be vital that they receive healthy bone marrow at that agreed point of time.

#### **Is there any cost to me?**

The main cost to you will be some of your time. NZBMDR will cover expenses related to the stem cell donation, including medical, transport and accommodation for you and a support person.



NEW  
ZEALAND  
BONE  
MARROW  
DONOR  
REGISTRY

**If you  
are aged  
between 18-35  
You could be the match  
that saves a life**

**For further information please visit  
[www.bonemarrow.org.nz](http://www.bonemarrow.org.nz)**

or contact us

Phone: 0800 800 256 or (09) 523 5756

Postal address: PO Box 74 336, Auckland 1546

Email: [nzbmdr@nzblood.co.nz](mailto:nzbmdr@nzblood.co.nz)



**Volunteer for the NZ Bone Marrow Donor Registry.**

It could mean the difference between life & death to someone needing a bone marrow transplant



**Each year, many people are diagnosed with leukaemia or other serious blood disorders.**

**Often a bone marrow transplant is the only hope for a cure.**



The New Zealand Bone Marrow Donor Registry (NZBMDR) is part of a worldwide network of people who have volunteered to donate cells from their bone marrow if they match a patient who needs a bone marrow transplant.

**The decision to join the NZ Bone Marrow Donor Registry requires careful consideration and commitment. Please read the following information carefully before deciding to join the registry.**

**You can join the registry if you are:**

- aged between 18 - 35 years
- able to meet the NZ Blood Service requirements to donate blood
- willing to donate bone marrow to any patient anywhere in the world

The donor and the recipient must be a close genetic match based on 'tissue type'. Because tissue types are inherited, patients are most likely to match someone in their close family but only one in three patients has a matched (tissue type) family member. If a match is not found in the family, a search for an unrelated donor may then be done. The patient is most likely to match someone with the same ethnicity or ancestral background.

#### **Can I be tested only for someone I know?**

Only very close relatives to a patient will be tested for a specific person. While you may be motivated because of someone close to you, the chance of you matching them is extremely low. It is important to realise that there are many patients in need of stem cell transplants. By joining the NZBMDR, you may be selected to help any patient, anywhere in the world.

European patients have access to millions of European donors on worldwide registries, compared to a few thousand potential donors for Maori and Pacific Islanders. Other NZ ethnic groups are also not well represented.

**We are actively recruiting people with Maori and Pacific Island ancestry and NZ ethnic minority groups.**

#### **How are bone marrow stem cells collected?**

Bone marrow is the tissue inside the bone cavity that produces stem cells which mature into all types of blood cells. Bone marrow donation does not involve donating your actual bone but the collection of the stem cells which grow inside the bone. Bone marrow stem cells can be collected in two ways:

##### **1. Stem cell collection from Peripheral Blood (PBSC)**

Normally a very small number of stem cells from the bone marrow are circulating in your bloodstream. To increase the number, a hormone-like substance called G-CSF is injected under the skin daily for four days prior to the procedure.

Blood is collected from a vein in your arm (similar to blood donation) and passes into a cell separator machine which removes the stem cells. The rest of the blood is immediately returned to your body. This procedure takes about three to four hours.

#### **What are the risks for me?**

G-CSF is usually well tolerated, although the injections may cause some bone pain or a mild headache, which usually responds to paracetamol. G-CSF has been used in patients and donors for many years.

##### **2. Stem cell collection from Pelvic hip bone**

Stem cells from bone marrow can also be collected from the pelvic hip bones using a needle and syringe under a general anaesthetic. The procedure can take up to two hours. Recovery time varies but donors are usually able to go home the next day and resume normal activities after two or three days. Bone marrow re-grows rapidly to replace the donated cells.

#### **What are the risks for me?**

The risks of donating stem cells by this method are the same as the risks associated with a general anaesthetic. The chance of a serious complication in a healthy person is very low but some people experience nausea, bruising and/or local pain and discomfort for several days.