

COLLECTION UNIT DONOR INSTRUCTIONS  
Peripheral Blood Stem Cell Donation

University Health Network

**Toronto General Hospital**  
200 Elizabeth Street  
Toronto, Ontario

**Princess Margaret Cancer Centre**  
610 University Avenue  
Toronto, Ontario

**Transplant Coordinators:**

Myeloma & Plasma Cell Disorders	Andrew Winter, RN	1-416-946-4583
Lymphoma & Germ Cell Tumours	Denise Aus, RN	1-416-946-4689

**Collection Unit Physicians:**

Dr. John Kuruvilla	Dr. Michael Crump
Dr. Donna Reece	Dr. Rodger Tiedemann
Dr. Armand Keating	Dr. Suzanne Trudel
Dr. Christine Chen	Dr. Vishal Kukreti

**Collection Unit after hours emergency – please page on-call BMT physician: 1-416-946-2000**

**The Day of Your Stem Cell Collection (at Toronto General Hospital):**

Please avoid caffeine (eg. coffee and tea) the morning of your collection. Also, if possible hold any diuretics (Lasix, furosemide, HCTZ, hydrochlorothiazide, water pills) until after your collection. Limit your fluid intake in the mornings of any collection days. The reason for this is that while you are attached to the collection machine you cannot get up and go to the washroom.

1. Please report **FIRST** to the **Diagnostic Test Centre, no later than 7:00 am** to have your blood work drawn. The Diagnostic Test Centre is located at 200 Elizabeth Street, Ground Floor near the Admitting Department (near Druxy's).
2. After your bloodwork has been drawn, please feel free to spend time in the food court at Toronto General as the Apheresis Unit opens at 8:30 am.
3. Please proceed to the Apheresis Unit **at 8:30 am**. Take the Eaton Elevators to the 2<sup>nd</sup> floor and follow the signs. Check in with the main reception at the Apheresis Unit who will register you and direct you to a patient room.

**Directions for the Diagnostic Test Centre (DTC):**

- Enter Eaton Wing at 200 Elizabeth Street, walk past Druxy's and turn left at the first corridor. DTC is on your left-hand side.

**Directions for the Apheresis Unit:**

- Use the Eaton Elevators (near the 200 Elizabeth Street entrance)
- Take the elevator to the 2<sup>nd</sup> floor
- Go to the corridor, then turn left down this short corridor
- Turn right and walk along the long hallway (past the CICU – Cardiac Intensive Care Unit)
- Turn right at the end of the long hallway (past the CVICU – Cardiovascular Intensive Care Unit)
- Turn left at the end of the hallway, then a quick right down another hallway to an entrance
- Take a final left turn into the Apheresis Unit; please check in first with Patient Flow Coordinator

**Travel Needs after Your Collection**

Please discuss with the physician and/or nurse at the time of your physical assessment any travel restrictions that may apply following your collection. If you plan to travel by air, please discuss this first with your doctor and/or nurse at your first clinic visit. Please note some travel restrictions may apply following collection.