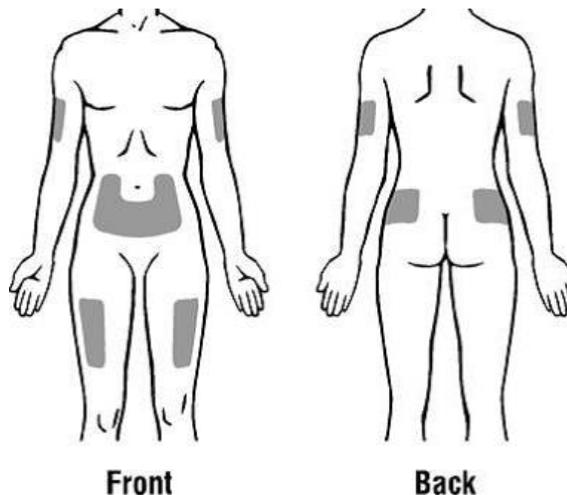


WHITE BLOOD CELL DONOR MEDICATION ADMINISTRATION INSTRUCTIONS

In order to donate white blood cells (WBCs), you will have to take medications that stimulate your body to produce extra cells. There are two medications prescribed for this: Neupogen and Dexamethasone. **You will take both medications at 8:00pm the night prior to your white blood cell donation.**

Neupogen is a granulocyte colony stimulating factor, which means it stimulates your marrow to produce additional granulocytes.

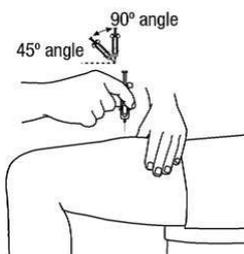
- It is supplied in a prefilled syringe as either two 300mcg subcutaneous injections or one injection of 480mcg.
- **THIS MEDICATION SHOULD BE REFRIGERATED UNTIL 30 MINUTES PRIOR TO ADMINISTRATION.**
- Common side effects include fast heart rate, low grade fever and aching in the larger bones of the body, such as the thighs, upper arms, mid-chest, head, and hips. To combat this pain, take an over-the-counter pain reliever (aspirin and aspirin containing products are allowed).
- The medication might sting some as it is injected. Please DO NOT rub the injection site, as this alters the absorption of the drug.
- To administer this drug:
 1. Remove the prefilled syringe(s) from the packaging.
 2. Wash your hands with soap and water for at least 15 seconds.
 3. Select a site to administer the drug, as noted by the shaded areas in the figure below. It is usually easiest to self-administer in the abdomen or thigh.



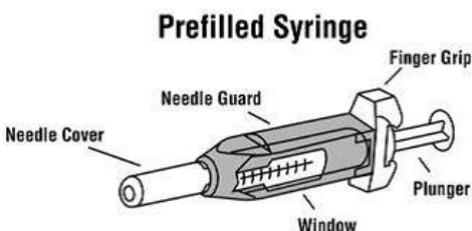
4. Prepare the skin by swabbing the injection site with a clean, single-use alcohol swab, starting at the center of the area and moving in a circular motion outward. Swab the area for at least 15 seconds and clean an area approximately 2 inches in diameter. Allow it to dry completely.
5. Hold the syringe in your dominant hand using your thumb and middle finger. Remove the gray needle cover (pictured below) from the syringe to expose the needle.
6. Pinch up the skin, making sure to place your fingers around the area that you have just cleaned.

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7. Insert the needle into the pinched skin at a 45°-90° angle, depressing it until the needle is no longer visible.



8. Release the pinched skin.
9. Slowly and completely, depress the plunger of the syringe.
10. Remove the needle from the skin.
11. Grasp the needle guard with one hand and the finger grip with the other. Pull in opposite directions to allow the orange safety mechanism to go over the needle. Dispose of the syringe in a regular trash can.



Dexamethasone is a corticosteroid that increases the porosity of your bones to allow the new granulocytes into the peripheral circulation.

- It is supplied as two 4mg pills.
- Common side effects include fast heart rate, anxiety, jitteriness and insomnia. To combat the insomnia, you may take a Benadryl (Diphenhydramine) or the PM version of an over-the-counter pain reliever if you are also experiencing aching from the Neupogen.

Tips for donation:

- ✓ Eat a full meal for dinner the night prior to your donation and for breakfast the morning the morning of donation.
- ✓ Hydrate well prior to donation, but try to avoid caffeine and alcohol, as these both cause your veins to constrict and increase urinary frequency.
- ✓ WBC donation is a two arm procedure. You will have a needle inserted into each arm for the duration of the procedure. We have DVD players and a small movie library to entertain you, however if you have something specific you would like to watch, feel free to bring a movie or your personal device for use during the collection.