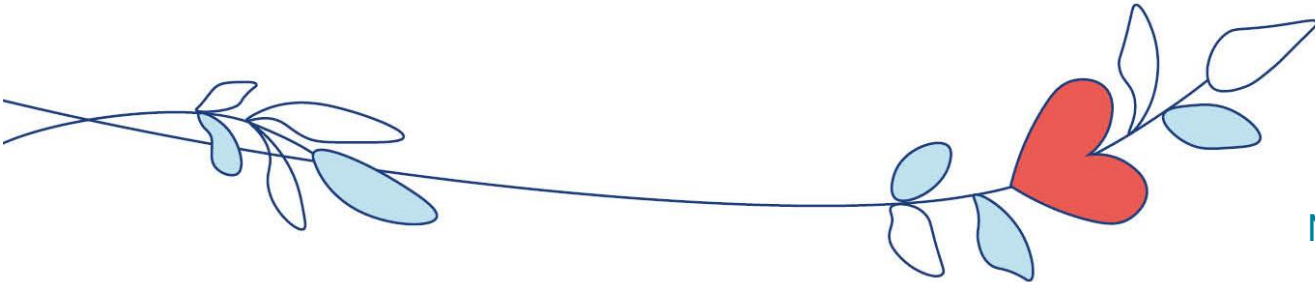


BLOOD TRANSFUSION TRACKER

Name: _____

Phone: _____



November 2025

1. General information

1.1. Blood transfusions

Do you have questions about blood transfusions? The Ministère de la santé et des services sociaux (MSSS) has produced a brochure on the subject, “Blood Transfusions - Answers to your questions,” which contains answers to the most frequently asked questions. Ask your doctor for a copy or access it on the MSSS website.

1.2. Consent to transfusion

A blood transfusion is a treatment that you must consent to, after discussing it with your doctor.

All medical treatments require the recipient to give their voluntary and informed consent. Consent is considered voluntary when the person acts of their own free will, without fear, threats, or pressure. Consent is considered informed when the person has been given all the relevant information and understands the facts needed to make their decision..

The information required for consent includes:

- Your diagnosis;
- The nature, purpose, and need for the transfusion, and its expected benefits;
- Any special or unusual risks, and possible complications;
- The consequences of refusing and the alternative solutions.

Consent may change over time and may be withdrawn at any time. For this reason, your doctor should periodically ask you about your consent to blood transfusions, even if your condition is stable.

2. Transfusion tracker

Because of your health condition, your blood test results need to be closely monitored, and you need to be given blood products based on the protocol established by your doctor.

This tracker lets you record important information needed to monitor your condition. You can record your blood test results and all the treatments you receive, as well as the symptoms related to your condition or treatments. You can also write down questions to ask your doctor or care team. It's a helpful way to track day-to-day changes in your health condition. Consider it your personal dashboard!

This tracker is also an important information tool for your doctor and care team. It lets them decide how well your treatment is working and adjust it based on your symptoms. Bring your tracker to all your appointments.

2.1. Your transfusion protocol

Diagnosis(es): _____

Blood type: _____

Care team:

Name of specialist: _____ Tel. : _____

Name of specialist: _____ Tel. : _____

Pivot nurse: _____ Tel. : _____

Day medicine tel.: _____

Date	Your treatment plan based on your lab results To be filled out with the care team		
	If hemoglobin _____	give: _____	frequency: _____
	Si plaquettes _____	give: _____	frequency: _____
	Other: _____		
	If hemoglobin _____	give: _____	frequency: _____
	Si plaquettes _____	give: _____	frequency: _____
	Other: _____		
	If hemoglobin _____	give: _____	frequency: _____
	Si plaquettes _____	give: _____	frequency: _____
	Other: _____		
	If hemoglobin _____	give: _____	frequency: _____
	Si plaquettes _____	give: _____	frequency: _____
	Other: _____		
	If hemoglobin _____	give: _____	frequency: _____
	Si plaquettes _____	give: _____	frequency: _____
	Other: _____		

2.2. Blood tests

In order for your care team to properly monitor your treatment, you must attend all scheduled blood tests. The day medicine team will check your blood results on these dates and call you if you need a transfusion. To report a change in a blood test appointment or your treatments, call the day medicine team:

Day medicine - Hôpital Anna-Laberge	Day medicine - Hôpital du Suroît
200, boul. Brisebois, Châteauguay (Québec) J6K 4W8	150, rue Saint-Thomas Salaberry-de-Valleyfield (Québec) J6T 6C1
Telephone : 450 699-2425, poste 4270 Fax : 450 699-2563	Telephone : 450 371-9920, poste 2574 Fax: 450 377-5772

We recommend you have your blood tests done at one of the collection centres in the territory of the hospital where you receive your treatments. This will ensure the care team receives your results quickly and avoid you having to go for other blood tests, which could prolong your treatment time.

Hôpital Anna-Laberge

Local point of service - Candiac
30, rue Strasbourg
Candiac (Québec) J5R 0B4

CLSC de Châteauguay
95, avenue de la Verdure
Châteauguay (Québec) J6K 0E8

CLSC de Napierville
509, rue Saint-Jacques
Napierville (Québec) J0J 1L0

Local point of service - Mercier
719, boul. Saint-Jean-Baptiste
Mercier (Québec) J6R 1G3

CLSC de Kateri
90, boulevard Marie-Victorin
Candiac (Québec) J5R 1C1

CLSC de St-Rémi
2, rue Sainte-Famille
Saint-Rémi (Québec) J0L 1L0

Transfusion tracker

Hôpital du Suroît

**Local point of service –
Salaberry-de-Valleyfield**
50, rue Dufferin
Salaberry-de-Valleyfield
(Québec) J6S 4W4

**Local point of service -
Vaudreuil-Dorion**
585 Avenue St-Charles,
local 50 et local 90
Vaudreuil-Dorion
(Québec) J7V 8P9

CLSC de Beauharnois
142, rue Saint-Laurent
Beauharnois
(Québec) J6N 1V9

CLSC de Salaberry-de-Valleyfield
71, rue Maden
Salaberry-de-Valleyfield
(Québec) J6S 3V4

CLSC de St-Polycarpe
11, chemin de la Cité-des-Jeunes,
Saint-Polycarpe
(Québec) J0P 1X0

**CLSC et centre de services
ambulatoires de
Vaudreuil-Soulanges**
3031, boulevard de la Gare
Vaudreuil-Dorion
(Québec) J7V 9R2

CLSC de Rigaud
59, rue Saint-Viateur
Rigaud
(Québec) J0P 1P0

**Always keep the original or a copy
of your blood test requisition form with you.**

To make an appointment for a blood test at a centre that offers online appointment booking:
clicsante.ca

OR

If the available dates don't line up with your transfusion follow-up dates,
you can make your appointment by phone: 1-833-699-2414.

Remember to mention the date of your follow-up with your care team.

The blood test must be done on the agreed-upon day.

2.3. What to watch for on the day of your blood test

In order for your care team to properly assess your condition and your transfusion protocol, it is important that you record in the symptoms tracker any symptoms you are experiencing on the day of your blood test:

- Fatigue;
- Weakness;
- Dizziness;
- Loss of appetite;
- Chest pain;
- Shortness of breath at rest or during activity;
- Bleeding (nose, mouth, urine, stool, skin);
- Impact of your symptoms on your daily activities.

If you are worried about your symptoms, do not hesitate to contact your care team.

Day: call your care team.

Evening/night: call Info-Santé 811 or the emergency number provided by your care team.

Transfusion tracker

2.4. Your symptoms on the day of your blood test

LEGEND: SYMPTOMS TRACKER

Rate the perceived severity of your symptoms; as needed, provide more details in the comments section

0 = absent 1-3 = mild 4-6 = moderate 7-10 = severe

Date of blood test	Lab results			SYMPTOMS FELT ON THE DAY OF THE BLOOD TEST								Comments or other information about the symptoms
	Hemoglobin	Platelets (if required)	Ferritin (if required)	Fatigue	Weakness	Dizziness	Loss of appetite	Chest pain	Shortness of breath	Bleeding (specify)	Impacts on your activities	

Transfusion tracker

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Transfusion tracker

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Transfusion tracker

2.5. What to look for after a transfusion

Most transfusion reactions happen during or within a few hours after the transfusion. However, some reactions, such as delayed hemolytic reactions (destruction of red blood cells due to the formation of antibodies), may appear anywhere from a few days up to six weeks after the transfusion.

Here are the main reactions that can happen.

Reaction	Definition	Signs and symptoms
Febrile non-hemolytic transfusion reaction	Fever with an increase in body temperature of more than 1 °C that happens within 4 hours after the transfusion and is not caused by bacteria or a hemolytic reaction. Reversible benign reaction. Frequency: 1/300	Fever Chills May be accompanied by headache, nausea, vomiting
Minor allergic reaction	Happens when the recipient's immune system reacts to proteins in the donor's blood. Frequency: 1/200	Skin redness Itching Hives
Major allergic reaction	Severe, potentially life-threatening allergic reaction. Frequency: 1/20,000	Skin redness Itching Hives Difficulty breathing Wheezing Swollen face, lips, or tongue Stomach ache, nausea, vomiting Blotchy skin

Reaction	Definition	Signs and symptoms
Fluid overload	Build-up of fluid in the lungs. Happens when the amount of fluid circulating in the body exceeds the heart's pumping ability. You may be at higher risk if you have heart or lung problems, kidney failure, are over age 70, or receive a rapid transfusion or transfusion of multiple units.	Fluid overload
Bacterial contamination	Severe reaction caused by bacterial contamination of the unit of blood. Requires immediate antibiotic treatment. Frequency: 1/100,000	High fever (often above 39 °C) Chills, sometimes with shaking (rigors) Low blood pressure Severe malaise
Hemolytic reaction	Destruction of red blood cells, which release harmful substances into the bloodstream. May happen immediately because of blood type incompatibility, or later because of antibodies undetectable at the time of transfusion or that develop after the transfusion. Frequency: 1/20,000	Fever Chills Chest or back pain Nausea and vomiting Red or brownish urine Jaundice

It is important to record any transfusion reaction, even if the symptoms are mild.

Things you might notice after a blood transfusion		What to do if you have a reaction
BENIGN SYMPTOMS		
Mild headache		Over-the-counter medication such as acetaminophen (e.g., Tylenol®) may relieve the symptoms.
Fever below 39 °C (102.2 °F)		In the absence of severe symptoms (see below).
Mild chills		Take your temperature again one hour later. Do not take medication right away, because fever can be a sign of a more serious reaction and must be monitored
Skin rash, hives, itching		An over-the-counter allergy medication such as Benadryl® or Reactine® may relieve the symptoms
		If there is no improvement within one hour after taking the medication, follow the instructions below
SEVERE SYMPTOMS		
Nausea or vomiting		Call your care team right away. If they don't call you back within a few hours, go to the nearest Emergency department. Tell the staff that you may be having a transfusion reaction. Do not drive yourself there.
Jaundice (yellowing of the skin or whites of the eyes)		
New, severe pain in the lower back, abdomen, or chest		
Blood in the urine or very dark urine (even several days later)		
Fever higher than 39 °C (102.2 °F)		Go to the nearest Emergency department right away. Tell the staff that you may be having a transfusion reaction. Do not drive yourself there.
Shaking (severe chills)		
Difficulty breathing or shortness of breath		
Heavy bleeding (nose, mouth, urine, stool, skin)		

Even if your symptoms are mild, it is important to tell your care team right away so they can take the necessary steps to assess the reaction.

Day: call your care team.

Evening/night: call Info-Santé 811 or the emergency number provided by your care team

Centre intégré
de santé
et de services sociaux
de la Montérégie-Ouest

Québec 



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