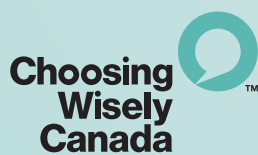


# WHY GIVE 2 WHEN 1 WILL DO?

**Especially now, to help  
conserve the blood supply.**

- Don't transfuse more than one red cell unit at a time in non-bleeding patients.
- Don't transfuse red blood cells in asymptomatic, non-bleeding patients with hemoglobin greater than 70 g/L.
- Don't transfuse blood if other therapies (e.g. iron) would be effective.



For more information, visit:  
[www.choosingwiselycanada.org/transfusion-medicine](http://www.choosingwiselycanada.org/transfusion-medicine).





# Blood shortages during COVID-19: YOU can make a difference

## #1 Follow red blood cell guidelines

For non-bleeding, asymptomatic patients:

- **Transfuse 1 unit at a time with ongoing reassessment**
- **Blood is rarely needed when hemoglobin is > 70g/L**
- Do not transfuse RBCs for iron deficiency

## #2 Follow platelet guidelines

- *Prophylactic* platelet transfusion generally not required when platelets  $\geq 10 \times 10^9$
- *Therapeutic* platelet transfusion: varies with indication. Follow published guidelines -



[Transfusion Medicine – Medical Policy Manual: 5.2 Transfusion of Platelets to Adults](#)

## #3 Carefully consider frozen plasma (FP)

- FP does not improve mildly elevated INRs (< 1.8) and is not indicated.
- Correction of mildly elevated INRs or PTTs before most procedures is not recommended<sup>1</sup>.
- Non-bleeding patients with cirrhosis or end-stage liver disease rarely need FP (including pre-procedure).
- Use PCCs only for reversal of warfarin only when clinically indicated (bleeding or prior to high blood loss *emergency* procedure).



[Vitamin K \(regional guideline and PPO\)](#)

## #4 Avoid iatrogenic anemia

Don't perform laboratory blood testing unless clinically indicated or necessary for diagnosis or management.



## #5 TXA for Hemorrhage Control

Use tranexamic acid (TXA) early for trauma, TBI, orthopedic, spine and cardiac surgery, and obstetrical hemorrhage



If you feel well, please donate blood: [www.blood.ca](http://www.blood.ca)

1. Choosing Wisely Recommendations - [Transfusion Medicine](#)

2. Blood Easy 4 [guide](#)

3. <sup>1</sup>Society of Interventional Radiology Consensus Guidelines for the [Periprocedural Management of Thrombotic and Bleeding Risk in Patients Undergoing Percutaneous Image-Guided Interventions](#).