nmdp℠
FIND CURES. SAVE LIVES.

Thanks for joining the movement

Your commitment to the **NMDP Registry℠** as a potential blood stem cell donor brings hope to so many people out there searching for their life-saving match.

Top things to remember:

Return your swab kit

- It takes 6-8 weeks to get it typed and for you to be added to the registry.

Save NMDP℠ to your contacts

- It could be months or even years before you're matched to a patient.
- Add our donor outreach number to your contacts as a friendly reminder: **1 (855) 558-9631**

Keep your contact information up to date

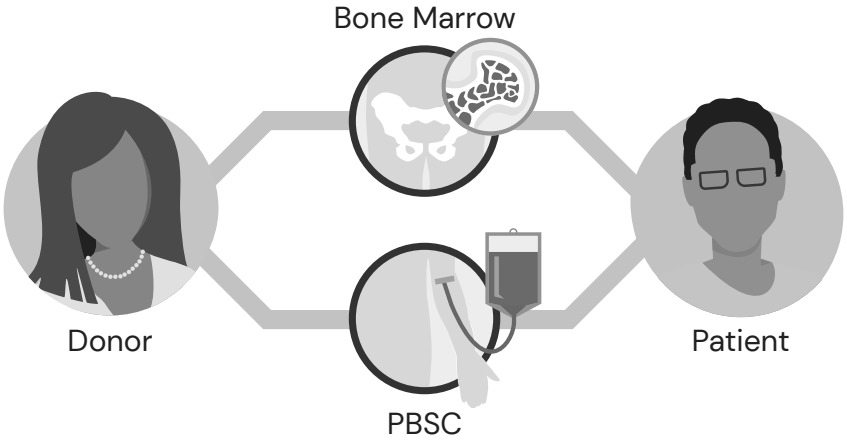
- It's important we find you quickly if you're a possible match for someone.
- **Remember to call us or go online** to update your name, address, email and number—anytime they change.
- Make sure to update your **alternate contact's** information, too, if it changes.

Did you know?

- **NMDP pays for all donation-related costs**, including hotel stays, flights, gas mileage, and meals—plus all travel costs to **bring a friend or family member**, too.
- NMDP can help cover expenses for pet care, childcare and missed pay from work, too.
- **NMDP can help talk to your** family, school, coach or employer about the commitment.
- **We're serious about protecting your privacy.** Your swab sample and genetic type information are identified by a unique code and kept separate from your personal identifying information, like your phone number, address and email.
- **If you're a match**, you'll be asked to provide blood samples for further testing, such as infectious disease testing.

Two ways to donate blood stem cells

The patient's doctor chooses the donation method that's best for the patient.



Peripheral blood stem cells (PBSC) collected from circulating blood:

- **Most donors (90%)** are asked to donate via PBSC
- No surgery required; similar to donating plasma or platelets
- Involves 5 days of shots to boost blood stem cell production
- Usually back to your normal routine in 1–2 days
- Donors may experience side effects such as headaches or bone and muscle aches, similar to a cold or the flu, prior to collection that disappear shortly after donation.

Blood stem cells collected from bone marrow:

- **Some donors (10%)** are asked to donate via marrow
- Done while under general anesthesia
- Doctors use a needle to withdraw marrow from the hip bone
- No pain during donation
- Usually back to your normal routine in 2–7 days
- Common side effects from the marrow donation procedure include back or hip aches, soreness, fatigue and sore throat.

Your commitment matters

You could be called for a patient at any time—or be their best match and hope for a cure. That's why it's important to stay committed as a potential donor.

If you have questions or need to be removed from the registry, scan now or text 1 (800) MARROW-2.

nmdp.org

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