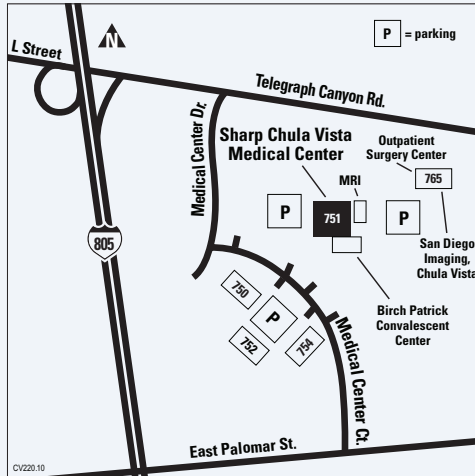




The Bloodless Medicine and Surgery Center at Sharp Chula Vista combines advanced technology with the expertise of a skilled clinical team to provide the highest-quality medical care, without blood transfusions. With more than 90 affiliated physicians representing 16 specialties — including cardiology, orthopedics and obstetrics — Sharp Chula Vista offers the region’s most comprehensive transfusion-free health care.

There are many reasons you may prefer transfusion-free treatment. These include concerns about the possibility of disease transmission and negative immune system reactions sometimes associated with blood transfusions. Or, you may hold a religious conviction that prevents you from receiving blood transfusions. The Bloodless Medicine and Surgery Center offers the options you need to make the decision that is right for you.



Sharp Chula Vista Medical Center, the largest acute care hospital in the South Bay region of San Diego County, is seven miles from the United States/Mexico international border. From Interstate 805, exit L Street/Telegraph Canyon Road and head east. Turn right on Medical Center Drive. Turn left on Medical Center Court. The hospital is on the left.

**Sharp Chula Vista Medical Center**

751 Medical Center Court  
Chula Vista, CA 91911

**866-USE-NO-BLOOD** (866-873-6625)

Outside the U.S.: (001) 883-718-5872

[www.sharp.com/bloodless](http://www.sharp.com/bloodless)



~ A Health Care Organization Designed Not For Profit, But For People ~

An Alternative to Blood Transfusions





## A Blood Transfusion Is Not the Only Answer

A blood transfusion is a procedure in which blood or blood products are given through an intravenous (IV) line. Some patients receiving treatment for cancer or blood disorders may need a transfusion.

As blood transfusions pose risks, like any procedure, the decision to have one should be carefully considered. Potential risks associated with blood transfusions include allergic reactions, postoperative infection, longer length of hospital stay, and transmission of diseases like hepatitis and HIV.

As with all procedures, it is important to talk to your doctor about your wishes prior to receiving care.

**The Bloodless Medicine and Surgery Center offers the options you need to make the right decisions for you.**



## Transfusion-Free Alternatives at Sharp Chula Vista Medical Center

The Bloodless Medicine and Surgery Center is for patients who wish to avoid blood transfusions. Blood loss during surgery is normal. Bloodless medicine utilizes advanced techniques before, during and after surgery to minimize blood loss. Caregivers at Sharp Chula Vista employ a variety of methods to avoid the need for blood transfusions, including:

- Filtering and recirculating your own blood using a cell-saver machine
- Operating laparoscopically to reduce incision sizes
- Stimulating blood-cell production through the use of certain pharmaceuticals
- Using electrocautery and other tools to reduce blood loss
- Enhancing blood circulation using volume expanders

## You Have Choices in Your Care

- Talk to your doctor about bloodless alternatives
- Put your wishes in writing by filling out an Advance Medical Directive, ensuring your wishes are respected even if you are unconscious
- Contact our bilingual program manager toll-free at 866-USE-NO-BLOOD (866-873-6625) to find a participating physician or if you need additional information about blood conservation techniques



**After a serious car accident left me with a shattered hip and broken rib cage, I thought my life would never be the same. The hospital where I was first taken refused to operate on me without performing a blood transfusion. Every day they would urge me to have the surgery their way.**

**I spent a month suffering excruciating pain before I met the program manager of the Bloodless Medicine and Surgery Center at Sharp Chula Vista. He introduced me to an orthopedic surgeon who could perform the complex hip replacement I needed, the way I wanted — without a blood transfusion. I'll always remember the tears of happiness that came down my face.**

**I never thought I would walk again after my accident. Now that I'm almost fully recovered, I want to tell as many people I can about my great outcome. Bloodless surgery gave me my life and my inner smile back — and those are priceless.**

- Hortencia Ramirez





