MedStar Health

Patient Blood Management

Single Unit Transfusion
One is best, then re-assess

Recent research shows single unit transfusion is effective and safe for patients who do not have significant bleeding.

New guideline:
- Only ONE unit of blood will be issued if patient is stable and not actively bleeding
- Reassess the patient to determine if further transfusion is necessary—each additional transfusion increases patient risk
- Indications for second unit:
  - Active blood loss
  - Hemoglobin level less than 7 dg/L
  - Ongoing symptoms of anemia

MedStar Health has adopted a single unit transfusion practice to increase patient safety and reduce the risks associated with transfusions.