

Become A Double Red Cell Donor



**American
Red Cross**

The need is constant.
The gratification is instant.
Give blood.™

You may already know about the ongoing need for blood and the importance of your donation through the American Red Cross. Whole blood donations contain red blood cells, platelets, plasma and white blood cells. Red blood cells are the most frequently used blood component and are needed by almost every type of patient requiring transfusion. If you meet certain criteria, double red cell donation allows you to safely donate two units of red cells during one appointment as an automated donation process. It is as safe as whole blood donation and proven efficient and comfortable.

How is a Double Red Cell Donation Different?

Donor and patient safety are our top priorities. During your double red cell donation, blood is drawn from one arm and channeled through a sterile, single-use collection set to an automated machine. The machine separates and collects two units of red cells and then safely returns the remaining blood components, along with some saline, back to you through the same arm. The automated system is specifically designed to assure that you do not give too much blood.

Am I Eligible to Donate?

In addition to meeting other whole blood donor qualifications, you must also meet specific criteria for donating double red cells, especially for hematocrit, weight and height.

Gender	HCT*	Weight (lbs)	Height
Male	≥ 40%	≥ 150	≥ 5'1"
Female	≥ 40%	≥ 175	≥ 5'5"

**HCT refers to Hematocrit level or the percentage of red blood cells in a given amount of whole blood.*

Make an appointment today.

redcrossblood.org | 1-800-RED CROSS

What Are the Benefits?

Save time and make your donation go further: If you are extremely busy, committed to donating blood and an eligible **type O or B donor**, double red cell donation may be ideal for you. Each procedure lets you give more of the product that is needed most by patients. Double red cell donation takes about thirty minutes longer than a whole blood donation and you could donate approximately every four months.

Smaller needle: Since a smaller needle is used in the double red cell collection process, you may find double red cell donation more comfortable than whole blood donation.

Feel better: Given that all of your platelets and plasma are returned to your body and you receive some saline in the process, you don't lose the liquid portion of your blood and may feel more hydrated after your donation.



John, 28

Proud American Red Cross Double Red Cell Donor



**American
Red Cross**

BloodBulletin

Blood Donation Requirements for Donors Age 18 and Younger

Thank you for your interest in donating blood.

By donating blood you can give life to someone in need. So that we can provide the safest possible donation experience, we have changed the criteria for whole blood donation. Selection criteria now include a table based on height and weight to determine if young donors are eligible to donate.

Male donors must weigh 110 lbs or more, depending on their height according to the following chart:

If you are	4' 10"	4' 11"	5' or taller
You must weigh at least	120	115	110

Female donors must weigh 110 lbs or more, depending on their height according to the following chart:

If you are	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6" or taller
You must weigh at least	133	129	124	118	115	110

Females who are shorter than 5' 1" may still be eligible to donate blood. They may call 866-238-3276 to ask about their eligibility.

Even if you have donated successfully in the past, you will not be allowed to donate if you do not meet these new criteria. We understand this may disappoint those of you who have donated in the past. We encourage you to donate again when you meet these criteria. If you still want to be involved, please contact your recruitment committee to find out other ways in which you can volunteer.



Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org for more information.