

## 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.

**Make an appointment today.**  
1-800-GIVE-LIFE | [redcrossblood.org](http://redcrossblood.org)



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

## We are the American Red Cross.

Governed by volunteers and supported by giving individuals and communities, the American Red Cross is the single largest supplier of blood products to hospitals throughout the United States. While local hospital needs are always met first, the Red Cross also helps ensure no patient goes without blood no matter where or when they need it.

In addition to providing more than 40 percent of the nation's blood supply, the Red Cross provides relief to victims of disaster, trains millions in lifesaving skills, serves as a communication link between U.S. military members and their families, and assists victims of international disasters or conflicts.

## Become A Double Red Cell Donor



John, Proud American Red Cross  
Double Red Cell Donor Since 2001

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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 to be 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%	≥ 130	≥ 5'1"
Female	≥ 40%	≥ 150	≥ 5'5"

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

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April - American Red Cross  
Blood Donor since 1990.