

Reasons to give

Double red cells



American Red Cross

1-800-GIVE-LIFE | redcrossmichigan.org

- **Red blood cells** carry oxygen to all parts of the body. Patients may need transfusions of red cells after significant blood loss because of **accident or trauma, surgery or anemia**.
- **Automated donation technology** allows eligible donors to give **two units** of red blood cells **in one visit** to the American Red Cross.
- Collecting two-for-one red cells can also ensure that the red cells a patient needs come from **fewer donors**--thereby decreasing the possibility of **transfusion reactions**.
- During a double red cell donation, your blood will be drawn from one arm and channeled through sterile, single-use tubing to a special machine. The machine will **separate the red cells** from your blood, then **return your platelets, plasma and 500 mL of saline**.
- Some donors say that donating double reds is more comfortable than a whole blood donation since the procedure uses a **smaller needle**. And since you don't lose the liquid portion of your blood, **some donors say they feel better** or even the same afterward.
- Automated blood donation is as **safe as whole blood donation**, and has been used to collect platelets and plasma for more than 30 years. Collecting red cells through automated donation has been in use for **nearly 10 years**.
- Donating double red cells **takes about 45 minutes**, with your entire visit to the donor center or blood drive taking a little more than an hour.
- The American Red Cross may ask some donors with particular blood types to consider a double red cell donation -- primarily to increase the availability of **high demand types** during times of **acute shortages**.
- **Healthy people age 17** and older may be eligible to give double reds. **Men** must weigh a minimum of **130 pounds** and be at least **5'1"**. **Women** must weigh a minimum of **150 pounds** and be at least **5'5"**. Double red donors must have an **iron level of at least 40 percent**.
- You can give double red cells **every 16 weeks or 112 days**.



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