

# Reasons to give

## What to give and when



**American Red Cross**

1-800-GIVE-LIFE | [redcrossmichigan.org](http://redcrossmichigan.org)

- Volunteer donors through the American Red Cross may give **whole blood, double red cells or single-donor platelets**.
- Eligible donors sometimes give a **combination of different blood products**, and must wait appropriate calendar intervals between each type of donation.
- While donors recognize waiting periods between donations, some may not realize the **total volume of red blood cells** given in a rolling calendar year **may also affect eligibility**.
- The **allowable limit** for donating **red cells is 1,540 ml** per rolling calendar year.
- Some presenting donors **may be temporarily ineligible** to give --*even though they meet the waiting period requirement*--because they **are close to exceeding the allowable limit** of red cells per rolling calendar year.
- Typically, donors may give **whole blood up to six times per year** or every 56 days, **double red cells every 112 days** or up to three times per rolling calendar year, and **platelets every three days** or up to 24 times a year.



### Typically, if you donate . . .

#### Whole blood

#### Platelets

#### Double red cells

### You can donate . . .

- Whole blood 56 days later
- Platelets 3 days later
- Double red cells 56 days later
- Whole blood 3 days later
- Platelets 7 days later
- Double red cells 3 days later
- Whole blood 112 days later
- Platelets 112 days later
- Double red cells 112 days later

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