



**American  
Red Cross**

Blood Services  
Great Lakes Region



## FAQs About Apheresis

### *Donating single-donor platelets through the American Red Cross*

#### **Today's Donor:**

Internet Explorer 7 users please right click on the image or PDF link and left click 'Save Target As':



News For Our Apheresis Donors:

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#### **What is apheresis?**

Apheresis is a special blood donation process for collecting platelets--the tiny particles in your blood that aid clotting. During apheresis, whole blood drawn from your arm goes into a blood cell separator instead of a blood bag. The separator removes the platelets through a spinning process and returns the red cells and plasma through your other arm. Platelet donations are as safe and painless as a whole blood donation.

#### **How long has apheresis been available?**

Collecting platelets through apheresis has been possible since the 1960s, and continues to advance technologically. The Great Lakes Region of the American Red Cross opened the Apheresis Donor Center in Lansing the mid-1990s, and a second center opened in Flint in 2004.

#### **How long does apheresis take?**

Your visit to the Donor Center takes about two hours. The actual donation process takes about 60 to 100 minutes. During the actual procedure, you will relax in a contoured chair and can watch a movie.



**Platelets** are frequently prescribed to treat patients with cancer and leukemia.

### Should I eat before donating platelets?

You should stick with your typical eating pattern. We do advise that you donate on a full stomach.

### Where can I donate platelets?

We have two locations:

#### Lansing:

**1729 East Saginaw  
Lansing, MI 48912  
517.484.2224 extension 241**

#### Hours:

**Monday:** 6:00 am - 1:00 pm  
**Tuesday:** 6:30 am - 6:00 pm  
**Wednesday:** 7:00 am - 6:30 pm  
**Thursday:** 6:30 am - 6:00 pm  
**Friday:** 6:00 am - 1:00 pm  
**Saturday:** 8:00 am - 1:00 pm  
**Sunday:** closed

#### Flint:

**1401 South Grand Traverse  
Flint, MI  
810.235.0002 extension 555**

#### Hours:

**Monday:** 12:00 pm to 7:30 pm  
**Tuesday:** 2:00 pm to 6:30 pm  
**Wednesday:** closed  
**Thursday:** closed  
**Friday:** 6:30 am - 11:00 am  
**Saturday:** 6:30 am - 3:00 pm  
**Sunday:** 6:30 am - 3:00 pm

### Do I need an appointment?

Yes. Donations are scheduled for your convenience through the American Red Cross. Early morning, evening and weekend appointments are available.

**If you donate . . .**

- Whole blood
- Platelets
- Double red cells

**You can donate . . .**

- Platelets 3 days later
- Platelets 3 days later
- Platelets 112 days later

You can donate platelets up to 24 times a year.  
We prefer that you wait two weeks between donations.