

(((**DOUBLE** *red cell donations* **IMPACT**)))

Become a **double impact** donor
and receive a \$10 gift card!

Double red cell donations increase the blood supply quickly; in one donation, two units of red blood cells are available for transfusion. Donors can maximize their time and give twice as many red blood cells for patients in need.

The interval between double red cell donations is 112 days, compared to 56 days for whole blood donations. Double red cell donors spend less time donating, but help twice as much.

By giving just three double red cell donations each year, a donor can help save six lives.

(((DOUBLE))) *red cell donations*

A double red cell donation is an automated process that allows a donor to give two units of red cells in one visit.

How does it work?

During a double red cell donation only the most needed component – red blood cells – is collected, and the donor's plasma is returned. Helping save lives with a double red cell procedure only takes about 15-20 minutes longer than a traditional whole blood donation, which only provides one unit of red cells.

Which blood types are needed?

Type O donors are needed for double red cell donations. About 38 percent of the population has type O+ blood, but O+ blood can be transfused to 85 percent of patients. Only 7 percent of the population has type O- blood, yet all patients can receive O- transfusions.

Having plenty of type O blood is especially important in emergency situations, when there is little time to check a patient's blood type. Depending on inventory needs, donors with other blood types may be encouraged to give double red cells, too.

Are there special donor requirements?

Double red cell donors must meet eligibility requirements for whole blood donation and have a sufficient hemoglobin level, which will be checked during the screening process. In addition, women must be at least 5 feet 5 inches and 150 pounds, and men must be at least 5 feet 1 inch and 130 pounds.