

DOUBLE RED CELL DONATIONS



Despite a condition that threatened the lives of the Horoshak twins in utero, a family celebrates today because life-saving blood was there when it was needed most.

View the full story at MBC.ORG



**Memorial
BLOOD CENTERS**

A Division of Innovative
Blood Resources



MBC.ORG | 1-888-GIVE-BLD

FORM-0277.01 • 9/2015
©2015 Memorial Blood Centers.
All rights reserved.

Double your donation, double the lives saved

WHY IS IT IMPORTANT?

From the ER to the OR, red blood cells often mean the difference between life and death for patients requiring blood transfusions—the most frequent hospital procedure.

- Of the primary components that can be derived from a whole blood donation (red cells, plasma, platelets), red cells are the most in demand
- Approximately 14 million units of red blood cells are transfused every year in the U.S.
- Donated red blood cells expire after 42 days and supplies must be continuously replenished
- Many premature infants require up to 4 transfusions to survive
- Accident victims or people suffering massive blood loss can require 50 units of red blood cells or more

Double red cell donors make it possible to meet current demand. They also support our efforts to increase the supply and ensure that the red blood cells patients need will be there in the future.

HOW DOES THE DONATION PROCESS WORK?

A special automated process called apheresis (AY-fur-EE-sis) uses a cell separator to collect two units of red blood cells during a single donation.

HOW LONG DOES THE PROCESS TAKE?

A double red cell donation takes just 15 to 20 minutes longer than a typical whole blood donation, and is equally safe. In a single appointment of a little more than 60 minutes, you can give more and save more lives.

HOW OFTEN CAN I DONATE DOUBLE RED CELLS?

We recommend you make a double red cell donation 2 times per year (approximately every 6 months). One double red cell donation equals 2 units.

ARE THERE SPECIAL ELIGIBILITY REQUIREMENTS?

Donors who meet Memorial Blood Centers' general age and health requirements are encouraged to consider making a double red cell donation—especially eligible donors with blood types O+, O-, A-, and B- who are in the greatest demand. In addition, there are height, weight, and other requirements specific to double red cell donors.

Minimum Eligibility Requirements		
	Males	Females
Weight	130 lbs.	150 lbs.
Height	5'1"	5'5"
Hemoglobin	13.3	13.3

WHY ARE DONOR REQUIREMENTS DIFFERENT FOR MEN AND WOMEN?

Total blood volumes are different between males and females, even for individuals equal in height. As a result, the FDA has established specific requirements for each gender.

NOTE: The information provided here covers general guidelines established by Memorial Blood Centers and the Food and Drug Administration (FDA), the agency that regulates blood collection in the U.S. Conditions and restrictions governing blood safety and blood donation may change at any time. Please contact Memorial Blood Centers at **1-888-GIVE-BLD** to verify eligibility.

Double the difference you make.

Sign up to make a double red cell donation today. Call **1-888-GIVE-BLD** or visit **MBC.ORG**.