

# DOUBLE THE DONATION, DOUBLE THE LIVES SAVED

## Double red cell donations

BLOOD TYPES NEEDED:



### 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.

- 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?

In addition to general age and health requirements, double red donors must meet the following minimum requirements for weight, height, and hemoglobin.

	Weight	Height	Hemoglobin
Male	130 lbs	5'1"	13.3 g/dL
Female	150 lbs	5'5"	13.3 g/dL

### 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.

### Double the difference you make.

Sign up to make a double red cell donation today. Call 1-888-GIVE-BLD (888-448-3253) or visit [MBC.ORG](http://MBC.ORG).



## Rachel & Jon

Twins who needed blood, while in utero



**Memorial**  
BLOOD CENTERS



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