

Every two seconds,
someone
needs blood.

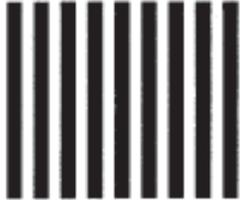
yet, less than 5% of the
population actually

donates blood.

This isn't enough.



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ATTN: DOUBLE RED CELLS

American Red Cross

BLOOD SERVICES - GREATER ALLEGHENIES REGION

PO BOX 1000

JOHNSTOWN PA 15907-9951



If you could help more patients in one donation, would you?

There are several donor benefits when donating
two units of red blood cells, including:

- Smaller needles are used in automated collection machines;
- Your remaining components and saline are returned to you after your donation, which some donors claim makes them feel better than when they came in;
- Two units of red cells collected at the same time mean less trips to the blood center, even though you're still saving lives;
- Less trips to the blood center mean less paperwork and fewer needlesticks.

Patients and families will also benefit, because...

- Patients are receiving your life-saving gift, and double red cells help ensure that your blood center is collecting enough of the right type of red cells to help prevent blood shortages.
- Patient family and friends benefit, knowing they will share another day with their loved one.

Revised 11-2003

Two **reds** are better than one

Questions and Answers
about Double Red Cell Donation



**American
Red Cross**

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Why we need your help...

Chances are that if you are thinking about donating blood, you already understand the importance of helping others in need. All blood donations are important, but a two unit red cell donation is special because it saves you--the donor--time...you can safely give twice as much in just one visit to the blood center.

You were selected to receive this brochure on double red cells because your blood type is very special, and the type that is most needed by patients today, based on regional inventory levels.

What are the donor requirements to give a double red cell donation?

For donors giving two units of red blood cells in one donation event, the deferral period will be extended from 56 days to 112 days between donations. Donor eligibility for double red cell collection will be determined differently and will vary by sex. Males must weigh at least 150 pounds and must be at least 5'1" tall; while females must be at least 175 pounds and stand at least 5'5" tall. All donors will be required to have at least a 40% hematocrit, which is the percentage of iron content in your red blood cells.

Gender	Wt.	Ht.	HCT	Def.
MALE 	at least 150 lbs.	at least 5'1"	at least 40%	112 days
FEMALE 	at least 175 lbs.	at least 5'5"	at least 40%	112 days

Eligibility requirements for double red cell donation differ from whole blood donation requirements.

Is collecting two units of red blood cells from the same donation safe?

Donor and patient safety are our top priorities. Like whole blood, the process uses a sterile, single-use needle and tubing set. Also, the automated system is designed specifically to assure you do not give too much blood.

While you are donating two units of red cells, the total volume of the donation is slightly less than that of a single whole blood donation because we are returning the remaining components and saline back to you.

Will I feel the same as when I donate whole blood?

You may even feel better. First, we return all your plasma and platelets, plus 500 mL of saline. This way, you never lose the liquid portion of your blood, which is responsible for carrying the nutrients throughout your body. Second, this procedure uses a smaller needle than whole blood collection, so double red cell donation may be more comfortable for you.

Does this procedure take longer than giving whole blood?

Yes. The donation of two units of red cells by this method takes approximately 35-45 minutes. Your entire visit will most likely take between 60-90 minutes; however, you may want to allow at least 90 minutes for the visit. Remember...the advantages are greater in number.

Since two units are collected from you, you may serve twice as many patients with a single donation. With enough donors participating, the adequacy of the regional blood supply is significantly enhanced, which means fewer blood shortages. This may also fit into your schedule better, too. Because you are donating two units of red cells, you must wait 16 weeks, or 112 days, between donations. This is twice as long than a whole blood donation.

How it works...

During your donation, blood is drawn from one arm and channeled through a sterile, single-use tubing kit to an automated machine. The automated system separates and collects the most needed components...in this case, two units of red blood cells...and then safely returns the remaining blood components back to you through the same arm.

**Call 1-800-542-5663
for more information**

YES, I am interested in double red cell donation, but cannot donate today.
Please contact me with more information about this program and/or to schedule an appointment.

Name: _____

Address: _____

Home Phone: _____ Business Phone: _____

E-mail Address: _____

To determine eligibility for double red cell donation, the following information is required:

Approximate Height: _____ Approximate Weight: _____