

# Become a Double Red Cell Blood Donor



**American  
Red Cross**

## ARE YOU ELIGIBLE?

*In addition to meeting other blood donor qualifications...*

### Female double red cell donors

- must be at least 5'5"
- weigh 150 pounds
- Hemoglobin must be at least 13.3 g/dL

### Male double red cell donors

- must be at least 5'1"
- weigh 130 pounds
- Hemoglobin must be at least 13.3 g/dL

**Eligible double red cell donors can give every 112 days.**

Since blood types O+, O-, A- and B- are always in high demand and at risk for shortages, donors with these blood types are urged to consider giving a double red cell donation whenever possible. On-site blood type screening is available to qualify first-time donors.

### Why should I donate double red cells?

For donors with certain blood types, their red cells are in greater demand than their plasma. Collecting twice the red cells from these donors allows more blood to be available for patients such as trauma victims requiring emergency transfusion, or for surgeries requiring massive transfusion.

## What is Double Red Cell Donation?

There are four different components of blood and each has a specific role in the body and in the treatment of patients. You can choose to specifically donate red blood cells, or other components of your blood, through a special donation process which allows you to safely give a component in larger amounts. It's the best way to provide patients with the specific blood components they need.

Double red cell donation is an automated process that separates your red blood cells from other components and returns remaining components back to your body.

## How Does It Work?

Whole blood is withdrawn and separated into plasma and red cells. Your plasma and saline are then returned while a centrifuge continues to separate your whole blood until the process is complete.

## What Are The Benefits?

- Red cells are extremely important. They are the component of blood in greatest demand after blood loss from trauma or surgery.
- With double red cell donation you give twice as many red cells each time you donate.
- You may find double red cell donation more comfortable than whole blood donation. This process uses a smaller needle than what is used during a whole blood donation.
- You may feel better afterward due to all blood components, other than red cells, and saline are returned to your body. Many people say that they feel even more hydrated than before donating.
- Although the donation process is about 20 minutes longer than whole blood this equates to less donations per year and saves you time overall.