

As a blood donor, you can help save lives. As a Blood Center, we can help save you time.

Puget Sound Blood Center Donor Centers now offer the Double Red Cell program. If you give blood one, two or three times a year, this program is perfect for you! That's because this donation enables the red cell collection to be twice as large as it would be from a whole blood donation—invaluable in treating severe blood loss patients.

“With only three visits a year, it's a great time-saver for me - and a life-saver for twice as many people.”  
Lifetime donor Lee Scott



Apheresis donor Jeff Fowler

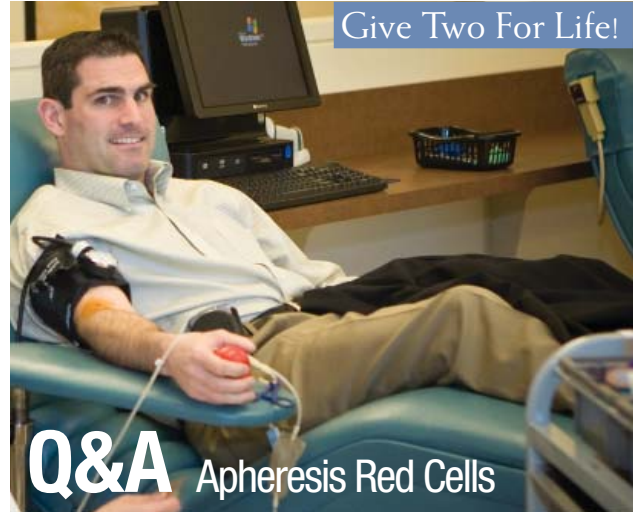
### Puget Sound Blood Center locations:

Bellevue Center	North Seattle Center
Central Seattle	Olympia Center
Everett Center	Silverdale Center
Federal Way Center	Tukwila Center
Lynnwood Center	Vancouver Center

Please call 1-800-398-7888  
to schedule an appointment.

## Donate Red Blood Cells

Give Two For Life!



### Q&A Apheresis Red Cells

Whole blood donation is an important way donors choose to support our community blood supply. When you donate whole blood, the unit is separated into its three main components: red blood cells, platelets and plasma. Instead of giving all three components at once, some donors can choose apheresis (ay-fur-ee-sis) donation and safely give a much needed boost to a single component.

#### What is the Double Red Cell program?

If you are blood type O, type A negative or type B negative then you may be eligible to give enough red blood cells for two transfusions in a single visit through our apheresis Double Red Cell program. This donation results in twice as many red cells for patients and allows you more time in between appointments.

#### What are red cells?

Red cells deliver oxygen—vital to patients with severe blood loss or sickle cell anemia. Just one apheresis donation results in twice as many red cells as a typical whole blood donation.



Puget Sound Blood Center

research | medicine | blood & tissue services

# QUESTIONS AND ANSWERS

## How does the process work?

The apheresis process is simple: blood is drawn from the donor's arm and the components are separated. Only the components being donated, in this case two units of red cells, are collected while the remaining components are safely returned to the donor.



## How long does it take?

Only a few minutes longer than a typical blood donation. Scheduling an appointment ensures the equipment is ready when you arrive. The entire visit, from registration to refreshments, takes about 1 hour 25 minutes. You may watch television or movies, listen to music, read or simply sit back and relax while helping save a life.

## Are apheresis red cell donations safe?

Yes. Each donation is closely supervised by trained staff. The amount of red cells collected does not compromise your health and the volume replacement (saline solution) helps replenish your fluids. New, sterile donation equipment (needle, tubing, collection bags) is used for each donor — it is virtually impossible to contract a disease from the process.

## What are the requirements?

Apheresis red cell donors must be blood type O, type A negative or type B negative, and meet minimum blood volume requirements determined by height, weight and hematocrit.

## Why do you need specific blood types?

It takes donors of all blood types to maintain a stable community blood supply for patients. Currently we need type O, type A negative or type B negative donors to help meet the local demand for red blood cells. All blood types are needed to give apheresis platelets and whole blood.

## How often can I donate double red cells?

Up to three times a year! You may donate apheresis red cells once every 16 weeks or 112 days compared to every 8 weeks or 56 days for whole blood donation. Overall this means more time in between appointments and fewer visits to the Blood Center.

## How soon after donating red cells can I give whole blood or platelets?

For apheresis red cell donors the waiting period in between donations is 16 weeks or 112 days before the next whole blood, platelet or two unit red cell donation.

## Can I donate twice the amount of platelets?

Yes, please! Because platelets can be stored for only five days, the need for platelet donations is vast and continuous. It does take longer to give your platelet donation (about two hours total), but we encourage all donors to stay a little longer and maximize their lifesaving efforts.

## Can I donate apheresis red cells at a blood drive?

Currently this donor program is available only at our donor centers.

## How do two unit donations count towards my Tree of Life goal? Could I get on the Tree of Life faster?

A two unit donation counts as two donations towards your donation total and could help you reach the Tree of Life 100 unit milestone faster.

## How can I become an apheresis red cell donor?

For more information and appointments, please call Puget Sound Blood Center **1-800-398-7888**. You may also ask Blood Center staff for information about open appointments at our donor centers.