

Double your impact

## Become a Double Red Cell Donor



American  
Red Cross

You can make twice the impact with a double red cell donation and help more patients in need.

### What is a double red cell donation?

A double red cell donation is one where a donor safely and comfortably donates two pints of red cells in just one sitting. Through an automated process, your red blood cells are separated from the other blood components. Two pints of red cells are collected while your plasma and platelets are returned to you.

### Why should I donate double red cells?

- Red blood cells are the most transfused blood component and are frequently given to trauma and surgery patients.
- You can make twice the difference by giving two pints of red cells instead of one.
- You can maximize your donations with fewer appointments. Double red cell donors can donate every 112 days, up to three times a year, versus every 56 days for whole blood donors.
- It may be a more comfortable donation for you, as a smaller needle is used.
- Some donors report feeling better after giving double red cells compared with other donation types because other blood components and saline are returned to the donor during the donation process.

### Am I eligible to give double red cells?

- If you are a donor with O negative, O positive, A negative or B negative blood, we encourage you to consider making a double red cell donation, as these blood types are often in demand and can be in short supply.
- If your last whole blood donation was at least 56 days ago and you meet the additional qualifications specific to double red cell donation shown here, you may be eligible to donate double red cells.

### Tips for a successful donation:

- Eat a diet high in iron-rich foods a few days prior to donating.
- Drink an extra 16 ounces of water or other non-alcoholic and non-caffeinated beverages prior to donating to ensure you are well-hydrated.
- Relax and think about the positive contribution you are making for the patients and families who rely on generous blood donors like you.



### Anything else I should know?

- Double red cell donation takes about 20-30 minutes longer than regular blood donation, so please allow a little extra time.
- Your Red Cross collections team member is a knowledgeable resource to answer any questions you may have. You can also call 1-800-RED CROSS (1-800-733-2767) or find more information on [redcrossblood.org](http://redcrossblood.org)
- In the long run, double red cell donation can save you time, with fewer trips to the blood center and fewer calls to donate.

#### In addition to meeting other blood donor qualifications:

General Double Red Cell Qualifications	Female	Male
Minimum height	5'5"	5'1"
Minimum weight	150 lbs.	130 lbs.