

The average adult has about 10 pints of blood in his body.

Roughly 1 pint is given during a donation.

A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days.

A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.

## PLATELETS

- Platelets are small, disc-shaped cells that aid in blood clotting.
- They are donated most often to cancer patients, organ recipients and those undergoing heart surgeries.
- Patients who need platelets often require multiple transfusions. That's why it's so important to donate as often as you can.
- Platelets do not last long. They have a shelf life of just 5 days.
- Those who have A, A-negative, B, B-negative, AB or AB-negative blood types are strongly encouraged to donate platelets.
- Donors are connected to a machine that separates platelets and some plasma from the blood and returns the red cells (and most of the plasma) back to the donor.
- Donating platelets takes approximately 90 minutes.
- You can donate platelets every 7 days, up to 24 times a year.

## PLASMA

- Plasma is the light yellow liquid in your blood that makes up 50% of total blood volume. It contains proteins that help control bleeding and fight infections.
- It's used to treat various types of bleeding disorders. It's also given to patients who have suffered major traumatic injuries.
- Plasma can be frozen for up to a year.
- If you have type AB blood, you are a universal plasma donor.
- People who have blood types AB, AB-negative, A, A-negative, B or B-negative also are ideal donors for platelets.

- Donors are connected to a machine that separates out plasma and returns red cells to the body.
- Plasma donation takes about 40 minutes.
- You may donate plasma every 28 days.

## DOUBLE RED CELLS

- Red blood cells are the most commonly transfused blood component.
- Donors are hooked up to a machine that collects the red cells and returns most of the plasma and platelets to the body.
- Donations from type O donors are crucial to maintaining blood levels in the body.
- Double red-cell donors with type O, O-negative, B or B-negative types, as well as donors with Rh-negative blood are in short supply.
- You must meet higher hemoglobin and height-to-weight requirements to donate double red cells.
- Double red cell donations take approximately 40 minutes.
- You can donate double red blood cells once every 16 weeks (112 days).

## DONATING FOR YOURSELVES (AUTOLOGOUS DONATION)

Your most recent donation must have been made at least 5 days before your scheduled procedure.

## DONATING FOR SOMEONE ELSE (DIRECTED DONATION)

- Friends and family members can donate blood for their loved ones.
  - Directed donations should be scheduled no later than 7 business days before the patient's blood transfusion.

## **Blood Types**

It's important to know your blood type—whether you're a donor or a patient in need of blood products. You may be surprised to learn how many people will benefit from your generous gift, no matter what type you have.

See how common or rare various types of blood are in the U.S.  
Whatever your blood type, we encourage you to donate.

### **Blood Type Percent of the Population**

O	37%
O-	6%
A	34%
A-	6%
B	10%
B-	2%
AB	4%
AB-	1%