

BLOOD TYPES NEEDED:



# DOUBLE RED DONATIONS

Become a double red cell donor and provide life-saving gifts for patients like Amy.



**Double your donation, double the lives saved.** In one double red donation, you give twice the amount of red blood cells in a whole blood donation. Red cells transport oxygen throughout the body and remove carbon dioxide from blood. Red cells often mean the difference between life and death for premature babies, transplant recipients, accident victims, and other patients in need.

**The need is constant.** The supply is not. The supply must be continually replenished by volunteer donors like you.

 **Nebraska**  
Community Blood Bank

# Why give double reds?

**Give more of what patients need.** Red cells are transfused more often than any other part of blood. In a single visit, you provide two life-saving units of red cells, and your platelets and plasma are returned to your body.

**Make it work for your schedule.** Double red donations can be made two times a year (every 112 days). Compared to donating whole blood, that's half the number of annual visits for the same amount of donated red cells.

**Blood types O+, O-, A-, and B- are needed most.** By knowing where the need is greatest for your blood type, you can maximize the impact of your donation and the time you spend donating.

## How to get started

In addition to general age and health requirements, double red donors must meet the following minimum requirements for weight, height, and hemoglobin.

	Weight	Height	Hemoglobin
Male	130 lbs	5'1"	13.3 g/dL
Female	150 lbs	5'5"	13.3 g/dL

**How long does it take?** A double red appointment takes about 80 minutes, just 20 minutes longer than donating whole blood.

Schedule your double red donation by calling 1-877-486-9414. Double red donations are available at donor centers and most blood drives. Visit **[NCBB.ORG/locations](https://www.ncbb.org/locations)** to view availability near you.



**[NCBB.ORG](https://www.ncbb.org)** • 1-877-486-9414

