



Your Ideal Donation

Your blood donation is an irreplaceable gift that saves lives right here in your community.

Carter BloodCare relies on more than a thousand donors each day to meet the needs of patients in our community. To help maintain the balance of our precious blood supply, many of our donors give **double red cells, platelets, plasma or whole blood**. Depending on your blood type and your gender, you may be an ideal candidate for one of these types of donations.

Make it a double

More than 69 percent of all transfusions require red blood cells. When you give double red cells, you are able to give more of what patients need most. Because of the automated donation technology, you can safely give two full transfusable doses of red cells in a single donation. There are certain size criteria for double red donors. Talk to a phlebotomist to see if you qualify. You can give double red cells every 16 weeks or up to 3 times a year.

Platelet people

It takes 4-6 whole blood donors to produce just one unit of transfusable platelets. But with automated donation technology, you can give up to three concentrated platelet transfusions with one donation. This is great news for the many patients requiring frequent platelet transfusions. Especially since the shelf life of a unit of platelets is only five days. Platelets can be given at any Donor Center, as often as every two weeks up to 24 times a year.

Life-giving plasma

Plasma is the liquid portion of blood that carries vital and important clotting factors. It can be lifesaving for organ transplant recipients, burn victims and premature babies. A plasma donation is automated, which means donors can give up to three times the plasma than during a whole blood donation. Giving plasma takes about an hour and can be done every four weeks at any Donor Center.

Whole blood

All other blood types make ideal whole blood donors. This type of donation is called "whole blood" because it still contains all blood components. Once it's drawn, the unit of whole blood is sent to processing where it is separated into red blood cells, platelets and plasma. Whole blood donations are the most common, and can be given on mobile drives or at Donor Centers every 56 days up to 6 times a year.

Knowing your ideal donation can make all the difference!

If you have questions about what your ideal donation is, talk with a Carter BloodCare phlebotomist or visit carterbloodcare.org/bloodtypes. Remember, it takes all kinds of donations. Thank you for helping us keep our community blood supply safe and strong for all kinds of patients!