POWER

Maximize your donation.
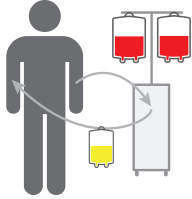## Give more red blood cells.

RED

Red blood cells are the most commonly transfused blood component, and therefore the most needed. Since they carry oxygen throughout the body, they are essential for trauma and surgery patients, those undergoing organ transplants, women experiencing complications from childbirth, and people with anemia.

Power Red Donation

During a Power Red donation, you give a concentrated dose of red cells, the part of your blood used every day for those needing transfusions as part of their care. This type of donation uses an automated process that separates your red blood cells from the other blood components, then safely and comfortably returns your plasma and platelets to you.

Help more patients with one scheduled appointment. During a Power Red donation, a donor gives more red blood cells than they do during a regular whole blood donation.

Maximize your impact. With just a little extra time at your appointment, you increase your impact on patients in need.

A comfortable experience. Many donors say they prefer the experience of a Power Red donation: it requires a smaller needle and fluids are returned to the donor during the donation process.

Important Donor Information:

- We encourage donors with the following types to give a Power Red donation: O negative, O positive, A negative or B negative.

- Donors who are A or B positive are encouraged to give a whole blood donation, as plasma is needed from these blood types.

- Power Red donors can give every 112 days, which is different than a regular blood donation every 56 days.

- We recommend that females wait until age 19 or older to donate Power Red.

- In addition to meeting standard blood donor qualifications, the following requirements apply for those interested in Power Red donation:

	Female	Male
Minimum height	5'3"	5'1"
Minimum weight	150 lbs.	130 lbs.

Call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org/PowerRed to schedule an appointment or for more information.