

Maximize Your Blood Donation

Every day the Inland Northwest Blood Center (INBC) needs 200 donors in order to maintain a safe supply of blood. By maximizing every blood donation, INBC can be better stewards of the blood products in our community.

The attached information is helpful to understand more about blood and the different types of gifts people can give. Whole blood, double red blood cells, platelets and plasma can be donated at INBC locations in Spokane, Coeur d'Alene and Lewiston. At your drive, you can donate whole blood or one of the best ways people can maximize their donation is to donate double red blood cells.

The number one reason people don't donate blood is because they have never been asked, so let them know about this amazing opportunity to save lives.

Questions about donating Double Red Blood Cells

What is it?

Your blood is made of different components: plasma, platelets and red blood cells. Through a safe and innovative technology we can collect only the red blood cells which can then be used for car accident victims, surgery patients or individuals who are suffering from kidney failure, anemia or congestive heart failure.

Who should donate double red blood cells?

Individuals who are in good health and can meet the general eligibility criteria are likely able to donate. Donors with blood types that are most in need (such as O) are encouraged to give double red blood cells. For double red blood cells:

- Donors need to be at least 16 years old to donate (16 and 17 year old donors need a completed INBC *Minor Donor Consent* form, signed by a parent or guardian).
- Male donors need to be at least 130 pounds and at least 5'1" tall (16 and 17 year old donors must weigh at least 130 pounds and be at least 5'4" tall).
- Female donors need to be at least 150 pounds and at least 5'5" tall (age 16 and older).

What is the process like?

It is similar to a whole blood donation. You will register, answer a medical questionnaire, complete a brief medical history and mini physical. Some other good things to know are:

- Innovative technology allows us to collect only the red blood cells from the blood and return the other components (platelets & plasma) along with a saline solution safely to the donor. Many people will feel more hydrated after their donation.
- It typically only takes about 20 minutes longer than a whole blood donation. From registration to snacks in the canteen generally takes 50 minutes to an hour.

What are the benefits of donating double red blood cells?

- Donating double red blood cells is a benefit for patients since it reduces the number of donors a patient is exposed to during their treatment.
- Helps to ensure that the right blood product is available when it is needed.
- You are using your time more efficiently. Since you are doubling your donation of red blood cells your eligibility to donate again extends to 112 days (16 weeks) versus 56 days (8 weeks) when you give whole blood.
- Double red blood cell donation uses a smaller needle than whole blood, so your donation may feel more comfortable.

