

POWER RED

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

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 to hospital patients.

A Power Red donation allows you to safely donate a concentrated dose of red cells. 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.

Give a Power Red donation and you can help more patients.



Benefits of Power Red donation:

We use a smaller needle, you are more hydrated after your donation and you only have to donate once every 112 days or four months!



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O-

Type O negative blood is the only blood type that can be given safely to any patient.

O+

Type O positive blood can go to anyone with an RH-positive blood type, including A positive, B positive, AB positive and O positive blood types.

A-

Type A negative blood can be transfused to patients with type A negative, A positive, AB positive and AB negative blood.

B-

Type B negative blood can be transfused to patients with type B positive, B negative, AB positive and AB negative blood.

Am I eligible to give a Power Red donation?

In addition to meeting other whole blood donor qualifications, you must also meet specific criteria for donating Power Reds, especially for hematocrit*, weight and height.

Power Red Requirements

Female

- Minimum height: 5'3"
- Minimum weight: 150 lbs.

Male

- Minimum height: 5'1"
- Minimum weight: 130 lbs.

*Hematocrit level refers to the percentage of red blood cells in a given amount of whole blood.

Don't forget to recruit your family members to donate blood. Blood type is hereditary, and someone else in your family likely has your important blood type.

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



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