



Red blood cells are the most commonly transfused blood component, and therefore the most needed. Donors can maximize their donation and help more patients with a Power Red donation.

### What is Power Red donation?

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

Power Red Requirements		
	Female	Male
Minimum height	5'5"	5'1"
Minimum weight	150 lbs.	130 lbs.

### Who is eligible?

-Donors who gave blood 56 days ago or Power Red 112 days ago.

-Donors with type O negative, O positive, A negative or B negative blood are strongly encouraged to consider giving a Power Red donation.

-We recommend that females wait until age 19 or older to give a Power Red donation.

