



# platelet facts



American  
Red Cross

## how do i *donate platelets*?

The platelet donation process is known as platelet apheresis. The entire process takes about two hours. During the process:

- Blood is drawn from one arm and sent through a sterile tube attached to a machine that separates some platelets from the rest of your blood.
- The separated platelets are collected for patient use and the remaining blood components are returned to you through your arm.

## who can *donate platelets*?

Most healthy people who weigh at least 110 pounds and are age 17 or older are eligible to donate platelets. Before donating, be sure to eat foods rich in calcium and iron and drink plenty of fluids. **BE SURE TO AVOID ALL ASPIRIN PRODUCTS 48 HOURS BEFORE DONATING.** Please bring photo ID.



## what are platelets?

Platelets are the part of the blood that controls bleeding. Healthy people produce a surplus of platelets. Platelets may be stored outside the body for only 5 days. You can donate platelets up to 24 times a year.

For platelet donations  
or information, call  
1.877.975.2835  
or visit  
[www.redcrossblood.org](http://www.redcrossblood.org)

To Donate Platelets,  
Visit the American Red Cross Blood Center Near You!

**Asheville Blood Donation  
Center**

100 Edgewood Road  
Asheville, NC 28804

**Charlotte Blood Donation  
Center**

2425 Park Road  
Charlotte, NC 28203

**Durham Blood Donation  
Center**

4737 University Drive #3  
Durham, NC 27707-3460

**Winston Salem Blood  
Donation Center**

650 Coliseum Drive  
Winston Salem, NC 27106

## *who needs platelets?*

Platelets may be used for:

- Cancer patients
- Patients undergoing bone marrow and other types of organ or tissue transplants
- Treatment of blood disorders such as leukemia and aplastic anemia
- Heart surgeries

## *what's in it for me?*

- Satisfaction in knowing your platelets will help save a life.
  - Time to relax in a comfortable lounge chair and read or watch TV or a movie while donating.
- Please consider becoming a special donor by giving platelets.

Please Bring Photo ID.

For more information or to schedule an appointment to donate platelets, call  
1.877.975.2835 or visit [www.redcrossblood.org](http://www.redcrossblood.org)