

## Blood donors save lives.

And because different patients require different types of blood components — depending on their illness or injury — the Kentucky Blood Center provides a variety of ways for blood donors to give life-saving blood components.

In addition to traditional whole blood donation, blood donors can also save lives automatically with automated blood donation procedures.

## Only With You.

### Kentucky Donor Centers

Lexington | Somerset | Pikeville

(800) 775-2522

Make your appointment to donate  
by calling or going online!

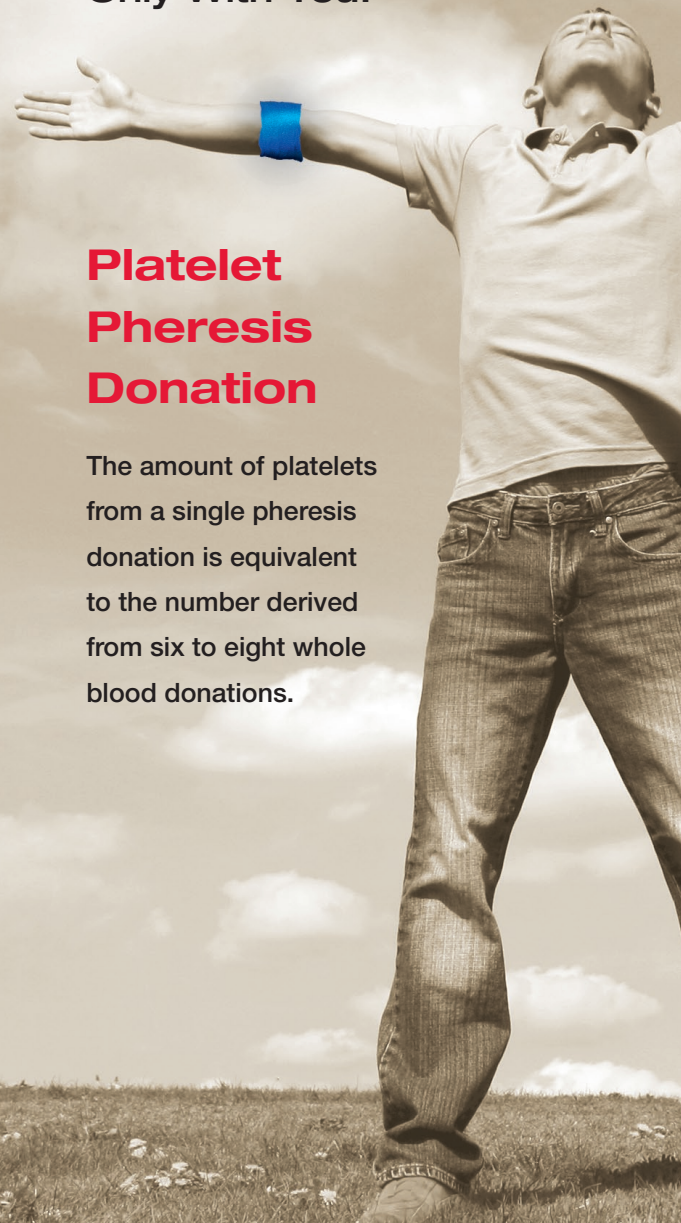
[kybloodcenter.org](http://kybloodcenter.org)



Only With You.

## Platelet Pheresis Donation

The amount of platelets from a single pheresis donation is equivalent to the number derived from six to eight whole blood donations.





**Pheresis, Greek for “take away”, is an automated process that provides more platelets for patients in need.** The amount of platelets from a single pheresis donation is equivalent to the number derived from six to eight whole blood donations. In addition to traditional whole blood donation, blood donors can also save lives automatically with automated blood donation procedures.

# MAKE THE MOST OF YOUR DONATION.

A traditional whole blood donation is broken down into three components — red cells, plasma and platelets — and components from several donors need to be combined to have enough product for one transfusion. Automated procedures allow the donor to give a particular blood component, which is needed by a Kentucky patient. These automated processes take a little longer than a typical blood donation but they better meet the needs of patients.

## Why Donate This Way?

When patients need a blood transfusion, they require a particular blood component, depending on their medical situation. A heart surgery patient may need red cells to replenish lost blood while a burn victim may need plasma to help begin the healing process. A leukemia patient undergoing cancer therapies may need platelets to counteract bleeding disorders that can result from cancer treatment.

## How Does It Work?

The automated donation process uses specially designed equipment that separates the designated blood component and then returns the rest of the blood back to the donor.

## Who Do Platelets Help?

- Patients who are undergoing treatment of serious problems like leukemia, cancer and aplastic anemia.
- Patients who may have uncontrolled bleeding.
- 70% of platelet pheresis donations help cancer patients survive.

## Who Can Donate?

Platelet donors must be 17 years old or older and weigh at least 110 pounds. You cannot take aspirin or anti-inflammatory medications like Ibuprofen within 48 hours prior to donation (Tylenol is acceptable) and you must have an adequate blood iron level.

*Eligible to donate again:* Donors may give platelets every two weeks up to 24 times a year.

*Length of donation time:* The procedure takes between one and one and a half hours, with the entire visit to the donor center taking about two hours.

## Additional Information

You should eat a regular meal and drink plenty of fluids one to two hours before donating platelets. We also suggest that you increase your consumption of calcium-rich foods (dairy products) or take a calcium supplement the evening before your donation and also the morning of your donation.