FAQs

What is ABC/Apheresis?
Automated Blood Collection (ABC) uses a process known as apheresis. Apheresis involves withdrawing whole blood from the body, separating one or more components, and returning any remaining blood safely to the donor by transfusion. ABC allows us to collect the most needed blood components based on local patient transfusion needs, donor blood types and other donor qualifications.

An apheresis donation can be customized for you to give one or a combination of the following components: plasma, platelets, and/or red blood cells.

Components of an ABC Donation

**Red blood cells** carry oxygen to all parts of the body.

**Platelets** help control bleeding.

**Plasma** is the fluid portion of the blood that transports red blood cells, white cells and platelets through the body. Plasma can also help control bleeding.

Is Apheresis Safe?
Yes. The procedure is customized to collect only a small percentage of the blood components needed. The body naturally replaces the donated component in a short period of time. Both platelet and double red cell donations are done with a sterile, single-use needle and tubing set.

Are There Any Possible Side Effects?
Most apheresis donors do not experience side effects. Some donors may feel chilled while donating. If you feel any discomfort please let your apheresis specialist know.

Inova Blood Donor Services is part of the award-winning not-for-profit Inova Health System which consists of hospitals and other health services, including emergency and urgent care centers, home care, nursing home, and mental health and wellness centers. Governed by a voluntary board of community members, Inova’s mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. The mission of Inova Blood Donor Services is to provide a safe and adequate blood supply for patients in the diverse community we serve.

Become a fan of Inova Blood Donor Services on Facebook and follow us on Twitter @InovaBlood.
Platelet Donation

Many medical treatments, including treatments for cancer patients, organ or bone marrow transplant patients, victims of traumatic injury and patients undergoing open heart surgery require platelet transfusions.

Platelet donation can take anywhere from 60 – 120 minutes depending on how the procedure is customized. The components that have not been selected for donation, which can include plasma and red blood cells, are returned to you along with a saline solution to replace the fluids lost during the collection.

Platelet donors can donate every 14 days. If red blood cells are donated, you must wait 56 days until your next donation and 28 days if you donate plasma.

Qualifications

To be a platelet donor, you must:

• be at least 17 years old
• be in good health
• weigh at least 110 pounds
• not have taken any aspirin or aspirin-based products within 48 hours prior to donation

Double Red Cell Donation

You can maximize your blood donation with a double red cell donation. The double red cell collection instrument allows for the collection of two pints of red blood cells, making the most of your donation.

Donating double red cells is very similar to donating whole blood. The whole blood is filtered through the instrument, taking only the red blood cells and returning the remaining components along with a saline solution back to you.

The entire process—from registration to refreshments—takes just over an hour.

Double red cell donors can donate blood every 112 days.

Qualifications to be a double red cell donor:

<table>
<thead>
<tr>
<th>Gender</th>
<th>Donor Height</th>
<th>Donor Weight</th>
<th>Donor Age</th>
<th>Donor Hemoglobin (Iron Level)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>At least 5'1&quot;</td>
<td>130 lbs or over</td>
<td>At least 17</td>
<td>≥ 13.3 g/dL</td>
</tr>
<tr>
<td>Female</td>
<td>At least 5'5&quot;</td>
<td>150 lbs or over</td>
<td>At least 17</td>
<td>≥ 13.3 g/dL</td>
</tr>
</tbody>
</table>

Did You Know?

• More than 60% of all transfusions require red blood cells only.
• A double red cell donation may serve twice the number of patients with a single donation.
• Six to eight regular whole blood donations are combined to provide enough platelets for one transfusion. One ABC donation from a single donor can provide enough platelets for up to three transfusions!