

# Power Red

## Donation Information Sheet



**American  
Red Cross**

Red blood cells are the most commonly transfused blood component, and therefore the most needed. Your 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.

### Why should I use Power Red technology at my drive?

- It allows donors to maximize their donation and help more patients with one scheduled appointment.
- Helps reach your blood drive goal by maximizing each person's donation.
- It may be more comfortable for the donor.
  - Donors often report feeling better afterward than with regular blood donation.
  - A smaller needle is used than with regular blood donation.
  - Fewer donors experience reactions.
- The donor is asked to donate less often.

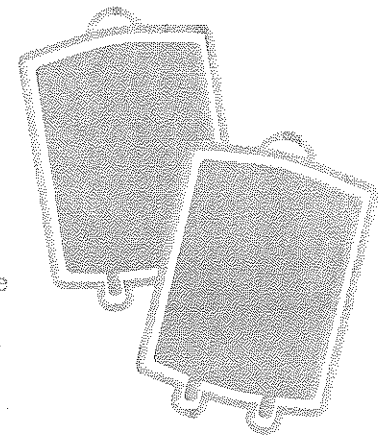
### Are there special requirements for having this technology at my drive?

Yes, your site will need to meet a few specific requirements in order to offer Power Red donation opportunities:

- **Space** – An additional 40 square feet will be needed for each bed and machine.
- **Electrical outlets** – Power Red machines need their own grounded outlets, in addition to outlets used by other equipment.
- **Elevators** – Elevator access is preferred when drives are held above or below the level of entry because the machines are heavy and delicate plasma levels are maintained. If no elevator is available then Red Cross will perform a site evaluation.

### 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.



### Tips for success

- Educate donors on the benefits of a Power Red donation.
- Confirm space requirements prior to drive date.
- Notify your Red Cross representative 72 hours prior to drive date with the number of Power Red donors signed up to donate.

Power Red Requirements		
	Female	Male
Minimum height	5'5"	5'11"
Minimum weight	150 lbs.	190 lbs.

# Hemoglobin and Iron



**American  
Red Cross**

## What is hemoglobin?

Before each donation, the Red Cross checks your hemoglobin level to protect your health. This is done by pricking your finger for a small sample of blood. Hemoglobin is a protein in your blood that contains iron and gives blood its red color. Hemoglobin carries oxygen from your lungs to nourish all the tissues in your body.

Currently, female donors must have a hemoglobin level of at least 12.5 g/dL, and male donors must have a hemoglobin level of at least 13.0 g/dL. If your hemoglobin is too low, you will be asked to wait to donate blood until your levels increase. A low hemoglobin level may be normal for you or it could be a sign of another condition such as anemia. If you are concerned about your hemoglobin level, you should consult with your health-care provider.

## What is iron?

Iron is an essential mineral found in our diet and is part of hemoglobin. You need iron to make new red blood cells to replace the ones lost in a blood donation. Low iron may cause anemia or make it worse.

## What if I've been deferred for low hemoglobin?

If your hemoglobin was in the normal range but too low for donation, we encourage you to eat a well-balanced diet with plenty of food high in vitamin C and rich in iron. It is normal for hemoglobin levels to fluctuate, so we encourage you to schedule another appointment soon.

If your hemoglobin has been below the minimum level for donation on several occasions, we suggest that you discuss the results with your health-care provider. If you are a frequent donor, we recommend that you discuss with your health-care provider taking a multivitamin with iron or an iron-only supplement to replace the iron lost through blood and platelet donations.

For more information, please visit our website at [redcrossblood.org/iron](http://redcrossblood.org/iron).

## IRON BOOSTERS

### HIGH-IRON FOODS

- Meat and eggs
- Seafood
- Vegetables
- Bread and cereal
- Fruit
- Beans

### FOOD & DRUGS THAT CAN DECREASE IRON ABSORPTION

- Coffee or tea
- Chocolate
- High-fiber foods
- Some medications like antacids

View a full list at:  
[redcrossblood.org/  
iron-rich-foods](http://redcrossblood.org/iron-rich-foods)

Download the Blood Donor App | [redcrossblood.org](http://redcrossblood.org) | 1-800-RED CROSS (1-800-733-2767)



# **RAPIDPASS®**

## **Save lives in less time.**






RapidPass®, through the use of technology, now offers donors a way to complete their pre-reading and health history questions online to help reduce the time they spend at blood drives by up to 15 minutes.

RapidPass® is making drives more efficient and offering donors more ways to get their pass.

### **Donors have 2 options to get their pass:**

1. Online from their laptop or desktop computers.
2. On-the-go, the mobile version of RapidPass® will allow users to complete their pass on their personal mobile device.

The process is simple! To access both options above, your donors just:

-  Visit [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass)
-  Get started with some initial information
-  Read the pre-donation materials
-  Answer the health history questions
-  Print, save or email the RapidPass®. Emailing or saving the pass on a mobile device will allow your donors to display it when they arrive.

### **Benefits to your blood drive:**

- RapidPass® may result in higher show rates for your blood drives — donors who complete their pass in advance of their appointment are much more likely to honor their appointment than a donor who doesn't.
- RapidPass® allows donors to move through the process in a more efficient manner. By setting an appointment and completing the RapidPass® process, donors can lessen their wait time and complete the process quicker, saving up to 15 minutes.

### **Important information to remember:**

- RapidPass® is not the same as an appointment. For the most efficient experience possible, donors should schedule an appointment and complete their pass on the day of their donation.
- RapidPass® cannot be completed prior to the date of the blood drive. If a donor completes their pass prior to the date of the blood drive, the donor will be asked to redo the questions before donating.

Your donors will be asked to try RapidPass® through Red Cross contacts, but a personal ask from you is even better. Help us make your blood drive as efficient as possible.

**Encourage your donors to use RapidPass®.**