

What Are Platelets?

Your blood is made up of several components--red cells, white cells, plasma and platelets-- and each has an important function:

- Red cells carry oxygen to the body's organs and tissues.
- White cells fight infection in the body.
- Plasma is the liquid that transports platelets and red cells through the bloodstream.
- Platelets help control bleeding.

Whenever you cut yourself, your platelets stick together at the injury site and form a clot to help you stop bleeding.

Who Needs Platelets?

Many lifesaving medical treatments require platelet transfusions.

Platelets are crucial for patients with leukemia and other types of cancer because healthy platelets are destroyed during chemotherapy and radiation.

Platelets transfusions are also necessary for some heart surgery patients, burn victims, and transplant patients.

In most cases, these patients require platelet transfusions in order to survive.

Frequently Asked Questions

- *How does platelet donation work?*

A sterile, single-use needle draws your blood from one arm and sends it to a machine. The machine spins the platelets out of your blood, and your red cells and other blood components are sent back to you in cycles.

- *Do I need an appointment to donate platelets?*

Yes. Due to the length of the donation and the limited number of collection machines, you must make an appointment in advance.

- *How often can I give platelets?*

Generally at the Scott & White Blood Center, we schedule platelet appointments 2-3 weeks apart to allow your body to replenish the blood components you donated.

- *Are there any side effects?*

Some commonly experienced side effects are coldness and numbness or tingling during the collection process. Notify the collection staff if you experience these symptoms.

If you have any questions, please feel free to call (254) 724-2933.

How Do I Donate Platelets



at the Scott & White Blood Center?

Scott & White Blood Center
Monday-Thursday: 8 a.m. - 7 p.m.
Friday: 8 a.m. - 4 p.m.

(254) 724-HERO or (877) 724-HERO
bloodcenter.sw.org

Donating platelets is as easy as 1-2-3-4!

All platelets donors must meet the same qualifications as blood donors as well as a few additional qualifications. Read the basic eligibility guidelines below to see if you are eligible to donate platelets.

Basic Eligibility Guidelines

- **Picture ID Required:** Please bring a form of photo identification, such as a driver's license or employee badge.
- **Age:** 17 and older
- **Weight:** Minimum of 110 pounds
- **Eating:** Please eat a good meal before donating.
- **Drinking:** Drink lots of water or juice before and after donating. Avoid alcoholic and caffeinated beverages for 12 hours before and after donating.
- **Medications:** Do not take products containing aspirin or ibuprofen for two full days before donating platelets.

1 Donate Blood

If you have donated whole blood recently, you will be eligible to donate platelets 56 days after donating blood.

(See our brochure "How Do I Donate Blood at the Scott & White Blood Center" for more information about donating blood.)



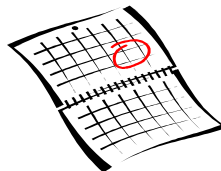
2 Appointment

Platelet donation requires an appointment.

Platelets can only be stored for 5 days, and patients rely on your donation.

If you cannot make your appointment, please cancel at least 24 hours in advance so we may find someone to donate in your place.

(Habitual cancellations/no-shows may lead to a reevaluation of your platelet donation suitability.)



3 Donation

Just as in the blood donation process, you will register, get a mini physical, and go through a medical/travel screening before each donation.

The length of the platelet donation varies from person to person. Generally, allow two hours for the entire process from registration to completion.



4 Eat Snacks!

We'll provide refreshments for you to snack on after donating platelets. In addition, all donors receive free giveaways, including a blood donor t-shirt.

