

Platelet Donation



THE NEXT *level* OF **giving.**

What are platelets?

Platelets are small cell fragments in the blood that help control bleeding. They plug small holes in blood vessels and assist in the clotting process.

Why should I become a platelet donor?

Every day, hundreds of patients in Western Washington need platelet transfusions to support them through treatments for cancer, burns, traumatic injuries and other life-threatening conditions. With one apheresis donation, you can safely give up to 12 times the number of platelets typically contained in a whole blood donation! Because platelets can be stored for only five days, many platelet donations are needed every day to ensure an ample supply of this lifesaving resource.

How do I donate platelets?

Blood is made up of several components, including red cells, white cells, plasma and platelets. When you give whole blood, you give all of these components at once. Through a specialized donation process called apheresis (ay-fur-ee-sis), healthy adults can give a single component of their blood, such as platelets.

What is involved in a platelet donation?

During an apheresis donation, blood is drawn from your arm into a machine that automatically separates the components of your blood. Platelets are diverted to the collection bag and your remaining blood components are returned to you. The component separation within the machine takes place in a sterile, disposable (used only for your collection) chamber.

Is the procedure safe?

Yes. Trained staff and a computerized cell separator monitor each donation. Your body replaces the donated platelets within 72 hours. As with all donation procedures,

new sterile needles, tubing and collection kits are used for each donor. Your blood does not come into contact with the cell separator itself.

Does it hurt?

As with whole blood donation, most donors feel only a slight pinch when the needle is placed in the arm.

How long does it take?

The platelet donation procedure takes approximately two hours. Because of the amount of time involved, it is important to schedule donation appointments in advance. Appointments ensure that staff and equipment are available when a donor arrives.

How can I become a platelet donor?

Make an appointment by calling 1-800-266-4033 or schedule online at www.psb.org. Platelet donation coordinators are available to answer any questions.

Who can donate platelets?

Platelet donors must be at least 18 years old, weigh at least 110 pounds and be in good general health. Additionally, platelet donors must not take aspirin or products that contain aspirin for 36 hours prior to donating.

If I've joined the National Marrow Donor Program Registry, is there something I can do now to help marrow transplant patients?

Yes. Become a platelet donor. It may take years to be called as a marrow or blood stem cell match.

Platelet donors offer immediate support to patients with cancer, leukemia and others who may need a marrow or blood stem cell transplant.

**SOUTHWEST
WASHINGTON
BLOOD PROGRAM**

This very minute, there are people in your community who need your help.

They need your platelets – a component of your blood that helps stop bleeding.

Some of these patients have suffered serious injuries like those received in car accidents. Some have severe burns. Others have life-threatening chronic diseases like leukemia and cancer that require frequent transfusions.

They all need platelet donors to survive. And you can help them do it.

You can help save a life. Imagine!

Platelet transfusions are needed by thousands of patients each year.

- Trauma
- Vascular surgery
- Cardiac surgery
- Burns
- Chemotherapy
- Organ transplants
- Bone marrow transplants

Puget Sound Blood Center requires 1,000 apheresis platelet units per month and 5,000 whole blood platelet units per month to meet the needs of patients in Western Washington.

Give the gift of life through platelet donation.

For information and appointments, call the platelet donation coordinators at 1-800-266-4033, or visit the Blood Center online at psbc.org.

Platelet donations are scheduled at eight Puget Sound Blood Center locations:

Bellevue Center
1021 – 112th Avenue NE
Bellevue, WA 98004

Central Seattle
921 Terry Avenue
Seattle, WA 98104

Everett Center
2703 Oakes Avenue
Everett, WA 98201

Federal Way Center
1414 S 324th St.
Suite B101
Federal Way, WA 98003

Lynnwood Center
19723 Highway 99, Suite F
Lynnwood, WA 98036

North Seattle Center
10357 Stone Avenue N.
Seattle, WA 98133

Olympia Center
1220 Eastside Street SE
Olympia, WA 98501

Silverdale Center
3230 NW Randall Way
Silverdale, WA 98383

Tukwila Center
130 Andover Park East
Tukwila, WA 98188

Puget Sound Blood Center
921 Terry Avenue
Seattle, WA 98104-1256
1-800-398-7888
psbc.org