

ASK US how  
to DONATE  
PLATELETS



# Platelet POWER!

GIVE LIFE A BOOST



## PLATELETS X 10:

1 Platelet  
donation is  
equivalent  
to platelets  
produced  
from 10  
whole blood  
donations.  
**THAT'S  
POWERFUL!**

### What are Platelets?

Platelets help control bleeding, and are especially needed for cancer patients and people having surgery. Since platelets have a shelf life of only 5 days, a constant, steady supply is needed to meet patient demand. Donation is safe, comfortable and easy.

### How does platelet donation work?

During platelet donation, blood is drawn from your arm into a sterile machine. Only the platelets are removed. Then your red cells and plasma are returned to your arm. The process is called apheresis donation. You can watch an iPad, listen to music, or just sit back and relax while helping to save a life.

Your body is super fast at making new platelets. Your donated platelets are usually replaced in 1-2 days!

### Who can be a Platelet Donor?

If you meet the requirements for giving blood, then you can usually donate platelets:

● 18 YEARS+ OLD

● IN GOOD HEALTH

● WEIGH 110+ POUNDS

### SCHEDULE A DONATION NOW:

[BloodworksNW.org/Donate](http://BloodworksNW.org/Donate) OR CALL 1 800-398-7888

#plateletpower



THANK  
YOU.

●  
Bettering  
our community,  
drop by drop.