

A+

A-

B+

B-

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AB+

AB-

Your Personal Guide  
to How, Where and  
Why to Donate

*How to*  
**Hoxworth**



**Hoxworth**  
BLOOD CENTER  
UNIVERSITY OF CINCINNATI 



# All Types Welcome.

Welcome to Hoxworth Blood Center, University of Cincinnati.

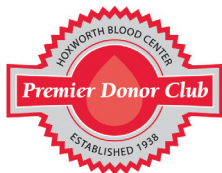
You've shown you want to save a life. Now, we want to show you "How to Hoxworth."  
Consider this your Donor's Manual — a guide to doing the most good you can as a blood donor.

We say **All Types Welcome™** for a variety of reasons. We welcome a wide variety of individuals who have one thing in common: they want to save a life. We want to make sure you and all donors understand the different ways to donate and the special power inherent with each blood type.

Your decision to join our lifesaving mission is significant and meaningful. *Thank you!*



## How to be a Premier Donor



**The Premier Donor Club (PDC) is a membership program exclusive to Hoxworth Blood Center.** Only donors with active Premier Donor Club (PDC) accounts have the opportunity to accrue points redeemable for a variety of prizes. To track your points, log into your **PDC account** and click on the **Donor Store** tab.

You can activate your **PDC membership** by clicking on the PDC link on [hoxworth.org/pdc](http://hoxworth.org/pdc). You will need your Donor ID, which is located on your donor information sheet, or you can receive it by calling Hoxworth at 513-451-0910.

As a PDC member, you can make your own appointments, view cholesterol test results, learn which hospital used your blood, and earn points in the Premier Donor Club.



## Point System for the Premier Donor Club

Recommended Donation Type	Points
Whole Blood ( <i>All types welcome!</i> )	500
Red Cells ( <i>Types O+, O-, B+, B-</i> )	750
Plasma ( <i>Types AB+, AB-, A+, A-</i> )	750
Platelets ( <i>Types AB+, AB-, A+, A-</i> )	1000
“I Tried” Points ( <i>Donors who are deferred, but tried!</i> )	100

*The following processes do not earn points: Autologous, Directed, Therapeutic, Research or test samples.*

“The idea of *‘paying it forward’*  
is my inspiration to keep donating.”

Josh Williams, blood recipient, cancer survivor and blood donor

To learn more, go to [hoxworth.org/pdc](http://hoxworth.org/pdc)

## How to Donate

Giving the “**right type**” of donation helps ensure the best use of your valuable contribution. Depending on your type, you may be asked to donate whole blood, red cells, platelets or plasma.

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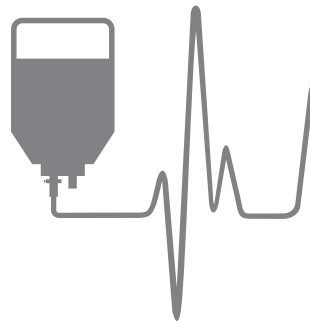
AB-

There are different types of donations you can give, but the best donation process for each individual depends on their blood type, physical characteristics, and the availability of donation opportunities. Another important factor is the demand for blood products on that day. You may be asked to donate differently at different times.

“Without the *help of Hoxworth*  
I don’t know where my care,  
my practice, would be.

If I didn’t have it,  
patients would die.”

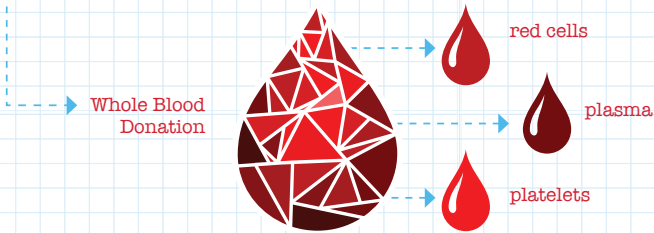
Dr. Bryce Robinson, Trauma Surgeon



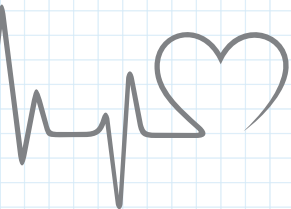
## How to Whole Blood

**Donation of whole blood is the most common type of blood donation.**

During this process you are donating approximately one pint of blood. Later, in the Hoxworth laboratory, your donation is separated into transfusable components — red cells, plasma and platelets.



You should plan on spending 45 minutes to one hour for your appointment due to paperwork and screening. The actual donation takes less than 15 minutes. Individuals who choose to do a whole blood donation will be eligible to donate again in 56 days.



## How to Red Cell

**A red cell donation is an automated blood donation collecting two patient doses of red blood cells in a single donation event.**

Not all donations need to be separated in a lab—Hoxworth can actually separate the desired components while you're sitting in the donation chair! During this type of donation, your blood is processed through a machine, collecting your red blood cells while your platelets and plasma are returned to you. The procedure uses a smaller needle, and collects enough red blood cells to be transfused to two different patients.

**Type O donors are especially valuable as red cell donors.**

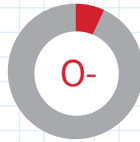
Those who meet the minimum height and weight requirements (males must weigh at least 130 lbs. and be at least 5'1"; women must weigh at least 150 lbs. and be at least 5'3"), are strongly encouraged to make an automated red cell donation.

An automated red cell donation takes 15-20 minutes longer than a whole blood donation. Individuals who choose to make a red cell donation will be eligible to donate again in 112 days.





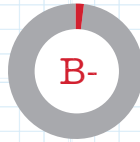
O negative donors are always needed for red cell donations. It is the only blood type that can be safely given to everyone, whatever their blood type, so they are known as universal donors and are incredibly valuable.



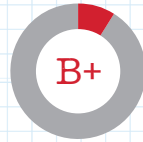
6% have this blood type, which can go to anyone!



38% have this blood type, which can be used for 85% of the population!



Only 2% have B-. We have very few donors supplying it!



Only 9% have this type, but 12% can receive B+ red cells.

**Why the Need:** Red blood cells transport oxygen to the body's tissues and are transfused to treat anemia resulting from kidney failure, chemotherapy regimens, gastrointestinal bleeding or blood loss due to trauma or surgery.

## → *How to* Platelet

Like red cells, a **platelet donation is an automated procedure** in which a machine collects platelets while returning the red cells and most of the plasma back to the donor.

→ **This is our area of greatest need, and more male donors are urgently needed for platelet donations!**

Depending on your blood type and the current needs of patients, you may be asked to make a platelet donation. All donors with **A and AB blood types** should consider making a platelet donation. Individuals who meet the requirements to donate whole blood can usually donate platelets, but in order to ensure donor safety, we must verify the platelet count of the donor.

Individuals making a platelet donation should expect a 90 to 120 minute appointment. They will be eligible to donate again in 14 days. In fact, platelet donors can donate up to 24 times a year!

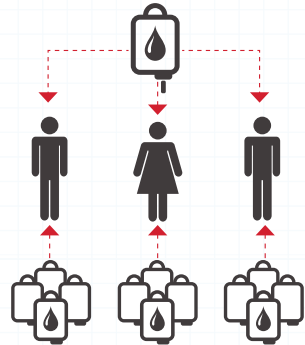
**“When *leukemia interrupted my life*, I depended on you, my hometown community, for blood and platelet donations. You took time out of your day to save a life, and one of those lives was mine.”**

Jamie Baker, recipient

A donation of platelets collected by an automated procedure can constitute one or several transfusable units, while it takes about four to six whole blood donations to constitute a single transfusable unit of platelets.

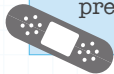
Platelets are very fragile, short lived blood cells that are essential for normal blood clotting. They must be transfused within five days of donation. It is necessary to consistently provide hospitals with a fresh supply of platelets. This is why we need a steady, daily stream of willing platelet donors.

1 Platelet Donation



4-6 whole blood donations

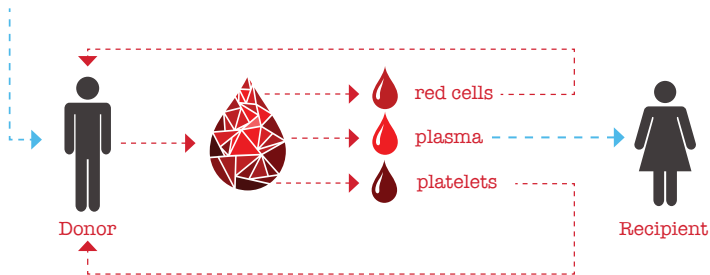
**Why the Need:** Platelet transfusions (necessary for clotting) are an element of cancer and organ transplant treatments, and demand is growing. Many surgical procedures depend on platelets as they help prevent massive blood loss.



## How to Plasma

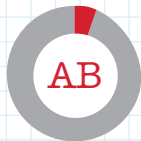
While donors with **Type AB blood** can only give red cells to other Type AB recipients, they are the **universal plasma donors**. Because anyone can receive type AB plasma, the right type of donation for AB donors may be a donation of plasma, or plasma and platelets.

During a plasma donation, the blood is collected by a machine, which separates the plasma, red cells and platelets and returns the red cells and/or platelets back to the donor. Plasma may also be collected simultaneously with a platelet donation.



The plasma donation process takes approximately 40 minutes. Individuals making a plasma donation will be eligible to donate again in 28 days and can donate up to 13 times each year.

Type AB is the **universal plasma donor**, which means that individuals with all blood types can receive plasma from an AB donor.



Only **4%** of the population are type AB, so new AB plasma donors are needed every day!

**“Donating blood is a simple way to be a good person. You can literally save a life with just an hour or two of your time. It is a very community-minded act, and I’m proud to be a part of it.”**

Connie Nicolas, blood donor

**Why the Need:** Plasma is the liquid portion of the blood, carrying nutrients and critical clotting factors. Plasma is vital in the treatment of patients with bleeding disorders, burn victims, organ transplants, and traumas, as well as premature infants.

## How to Neighborhood

We're in your neighborhood! Hoxworth operates **eight convenient Neighborhood Donor Centers in Greater Cincinnati and Northern Kentucky**, so no matter where you are, a donor center shouldn't be too far. Call Hoxworth at (513) 451-0910 or (800) 830-1091 to plan your next donation.

1 Anderson

2 Blue Ash

3 Central, Uptown at UC

4 Downtown Cincinnati

5 Fort Mitchell

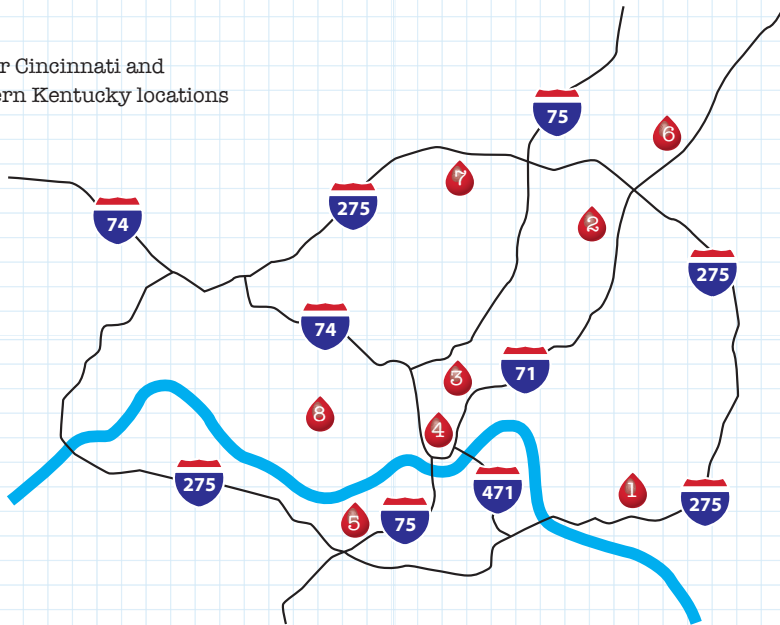
6 Mason

7 Tri-County

8 Western Hills

All donor centers have free wi-fi, so come in and relax while you save lives!

→ Greater Cincinnati and  
Northern Kentucky locations



**Still don't know where you should donate?** Hoxworth also operates mobile drives across the Tri-State area, so you can pick whichever is closest to you! Find our mobile drive list at [www.hoxworth.org/donate\\_blood](http://www.hoxworth.org/donate_blood).

## How to Mobile Blood Drive

**We've gone mobile!** If your school, business, place of worship or other group wants to help in Hoxworth's mission to save lives, we can help you host a blood drive.

- Hoxworth Blood Center will assign you a trained recruiter who will work with you to plan and host a successful blood drive. **A blood drive is an easy way to make a difference** and give back to the community. Hoxworth, and the many patients you'll never meet, are always grateful to those who host these lifesaving events.



Interested in hosting a mobile blood drive? Call 513-451-0910 to get started!



## How to Plan

Hoxworth Blood Center is dedicated to ensuring the safety of donors and recipients alike, so we have to make sure you meet our eligibility criteria before you roll up your sleeve!

### **For a whole blood donation, donors must meet the following criteria:**

- Be at least 17-years-old (or 16 with parental consent).
- Weigh at least 110 lbs. (body weight).
- Generally feel well and healthy.
- Have no fever, sore throat, cold or flu-like symptoms.
- Have not had recent major surgery, or have been released from doctor's care.

### **For red cell donations, the donor must meet additional criteria:**

- Men must be at least 5' 1" and weigh at least 130 lbs.
- Women must be at least 5' 3" and weigh at least 150 lbs.

### **Platelet donors:**

- Refrain from taking aspirin 48 hours prior to donation.

Other factors may affect your eligibility, including travel, medications, tattoos and piercings, and pregnancy.

**For a comprehensive list of eligibility requirements, please visit [www.hoxworth.org/donate\\_blood](http://www.hoxworth.org/donate_blood) or call (513) 451-0910.**

## → *How to* Volunteer

**Can't donate blood? Or just looking for more ways to help?** Hoxworth is always looking for positive, energetic individuals to join our volunteer team! Whether you're a student, a retiree, or someone who just wants to give back, we always have a need for volunteers.

Our volunteers help Hoxworth in a variety of ways. As **Blood Drive Hosts**, they can help with donor-related tasks like greeting, and staffing our donor café areas. Hoxworth also utilizes volunteers as couriers and clerical assistants.

**“I donate blood to  
*help others* and  
be a super hero!”**

Alex Shebar, blood donor

Additionally, Hoxworth is always looking for volunteers to join **TypeCast**. TypeCast members represent Hoxworth and promote blood donation at various events across Cincinnati—and they get free t-shirts displaying their blood type.

**Our volunteers help us in our mission to save lives. If you would like more information about joining the Hoxworth volunteer team, contact the Volunteer Services Department at (513) 558-1292.**

## All Things Hoxworth

Hoxworth Blood Center couldn't accomplish its lifesaving work without its **donors, volunteers, and supporters**, which is why we strive to keep lines of communication open between Hoxworth and the public. Make sure you follow us on the sites below — you can keep up-to-date on all things Hoxworth and let us know how we're doing!



If you need to check your eligibility or want to find out what prizes you can earn with your Donor Points, visit us at **[hoxworth.org](http://hoxworth.org)**.



Like Hoxworth at **[facebook.com/HoxworthBloodCenter](https://facebook.com/HoxworthBloodCenter)** to see photos from blood drives, news about upcoming promotions, and more!



On Twitter? Follow Hoxworth at **[twitter.com/HoxworthUC](https://twitter.com/HoxworthUC)** for regular updates—or tweet us a picture during your donation process.



See perfectly-filtered photos of our donors, volunteers, and blood drives at **[instagram.com/HoxworthBloodCenter](https://instagram.com/HoxworthBloodCenter)**.



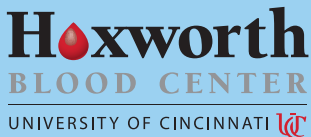
In the donor chair? Pull out your phone and check in at your Neighborhood Donor Center on **Yelp and Foursquare!**



Any other questions? Our friendly and knowledgeable staff are happy to help you. Give them a call at **(513) 451-0910**.

“There are many patients out there,  
*young and old*, whose lives depend  
on blood donations. Please do your  
part in saving a life by donating blood!”

Joel Brown, blood recipient



3130 Highland Ave, 4th Floor | Cincinnati, OH 45267-0055  
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