



Eligibility Criteria and Blood Donation in Bermuda

Thank you for your interest in donating blood. Listed below are the eligibility criteria for blood donation in Bermuda. We would be grateful if you invite your friends and colleagues to consider becoming Bermuda blood donors, too.

- All potential blood donors must be healthy and be between the ages of 18 and 70 years and weigh at least 110lbs.
- There is a three month deferral period for people who have a tattoo or microblading. People with body piercings, and those who have undergone electrolysis and acupuncture, have a three-day deferral period from the time of treatment, dependent upon the use of sterile technique.
- Travellers who have visited any malaria country will be deferred for three months from the time they left that country.
- There is an indefinite period of deferral for people who have spent an accumulative total time of:
 - a) three months or more in the United Kingdom (England, Scotland, Wales and Northern Ireland), Isle of Man, Channel Islands, Isle of Man, Gibraltar or the Falkland Islands between 1 January 1980 and 31 December 1996
 - b) five years or more in France or Ireland between 1 January 1980 and 31 December 2001
- There is an indefinite deferral for people who have received blood transfusions in the United Kingdom, Isle of Man, Channel Islands, Isle of Man, Gibraltar or the Falkland Islands, Ireland and/or France between 1 January 1980 and the present day.
- We usually take individuals if they are on medication, as long as they have stable health and are not being treated for an infection. Kindly contact the Blood Donor Centre for further clarification about specific medications.
- An individual exposed to allergenic tissue through organ transplant or transfusion of red cells, plasma, platelets or other blood products should be deferred for a period of three months.
- Individuals who have had one or both of the following will be deferred for a period of three months from the last day of contact:
 - a) contact with an open wound, non-intact skin or mucous membrane with the blood from another person.
 - b) a needle stick or other sharp injury from an instrument that has been used on another person.
- Individuals who have had syphilis or gonorrhoea treatment will be deferred for a period of three months from the date that treatment is completed.



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- Individuals with the following sexual contact histories are deferred for a period of three months from the date of last contact:
 - a) sexual contact with individuals who have clinical or laboratory evidence of HIV, people who give money or drugs in exchange for sex, or intravenous drug addicts.
 - b) men who have had sexual contact with another male
 - c) women who have had sexual contact with men who have had sexual contact with another man.
- Individuals who have received money, drugs or other payment for sex from 1977 are deferred for a period of three months.

Other information for donors

Donors need to be well-hydrated. It is a good idea to drink extra fluids, beginning two to three days prior to donating blood. A good meal prior to donation is essential.

The donation process takes about 30 minutes and involves filling out a questionnaire, checking the donor's blood pressure, temperature and haemoglobin, donating blood, and enjoying some refreshments afterwards.

Blood donors must not be engaged in any strenuous activity 24 hours after donation and they must drink extra fluids for the next 48 hours to replenish their blood volume.

Our clinics are held five days a week from Monday to Friday. Appointment times are from 8:30am to 2:30pm Monday to Thursday, and 8:30am to 1pm on Fridays.

We have three marked parking bays allocated to blood donors during clinic times. These parking areas are at the back of the visitor's car park located next to the old Emergency Department entrance, towards the left-hand side. They are clearly marked.



We advise our first-time donors to give us a call so we can provide them with an overview of the procedure and answer any questions, especially concerning medication usage and possible sensitive lifestyle or sexual issues that may cause deferral. Individuals who have pending/future surgeries or investigations must bring this information to the attention of Blood Donor Centre staff.

Contact us for more information:
Bermuda Blood Donor Centre
First Floor, General Wing
King Edward VII Memorial Hospital

Tel: (441) 236-5067
Email: blood.donor@bhb.bm
Facebook: [facebook.com/bermudablooddonor](https://www.facebook.com/bermudablooddonor)