

For Living Donors—*Thinking about donating a kidney?*

Why should I donate a kidney?

- The gift of a kidney is a gift of **years** of a better and healthier life for someone
- Living donor transplant is the **best** treatment for kidney failure—they last longer and work better than deceased donor transplants
- The wait for a deceased donor kidney is very long and usually means years on dialysis

Will I be able to donate a kidney?

- You must be 18 or older
- You must be healthy (no diabetes, high blood pressure, heart disease, etc.)
- You must be a good enough match to the patient for the transplant to be successful

Dave's story

In 2005, I donated a kidney to my friend Bill. I knew Bill from church. When I heard he needed a kidney, I felt it was something I needed to do.

I felt pretty rough after the surgery, and took a month off work, but since then I feel fine. With seven kids, work, and playing racquetball, softball and golf, I'm active—no restrictions at all. And Bill's doing great, too.

If you're thinking about donating a kidney, I'd say **go for it**. How often do you get the chance to give someone years of life?



What are the steps if I want to donate?

- You contact the patient's transplant center and provide information and medical history
- You will have tests and examinations to find out if you are a match and if you are healthy enough to donate
- You'll be educated and evaluated to make sure you're making the right decision and you're not feeling pressured
- Usually, the kidney is removed *laparoscopically*, which means small incisions, faster recovery, and less risk
- After surgery, you'll be in the hospital 3-4 days
- You should be fully recovered in 4-6 weeks

What about costs?

- Your evaluation and transplant care are covered by the insurance of the person receiving the kidney
- You will need time off work, and your employer may not provide paid time off
- It is against the law to buy or sell a kidney

How will donating a kidney affect my life in the future?

- Research shows that donors live as long as anyone else and do not have additional health problems
- Donors lead normal, active lives without restrictions
- Many donors feel a deep sense of satisfaction and pride in making such a wonderful gift to another human being