

## Living Donor Transplant

### Living donor transplants are more successful than deceased donor transplants

- Living donor transplants last longer
- The kidney is in better condition, and may start working faster at the time of transplant
- Transplant surgery is scheduled, so that you're better prepared
- Less time on dialysis

### Who can be a donor?

- Must be at least 18 and able to understand donation
- Must be healthy—no diabetes, high blood pressure, heart disease, etc.
- Must match well enough for the transplant to be successful

### Types of living donors

- A blood relative
- An unrelated person who knows you, like a spouse, friend, etc.
- A non-directed or altruistic donor—someone who donates anonymously to a patient on the waiting list
- Donor exchanges, donor chains, and other ways of bringing together patients and donors to find a match

### How donation affects the donor

- Healthy donors live as long as anyone else, don't have long-term health problems from donation, and feel good about their decision

### Your donor must have a blood type that will work with your blood type:

If your blood type is...	Your donor's blood type must be...
O	O
A	A or O
B	B or O
AB	O, A, B or AB

### The donation process

- The donor calls the transplant center
- Blood tests to see if the match is good, and medical evaluation to see if the donor is healthy
- Education and evaluation to make sure that the donor is making a good decision and is not under pressure to donate
- Newer ways to do surgery mean much less discomfort and faster donor recovery time
- Donor usually hospitalized 3-4 days and fully recovered in 4-6 weeks
- Donor's evaluation and transplant costs are covered by your insurance

### Asking for a kidney is hard

- People who might be willing to donate may not know much about it, so they don't offer
- So **tell your story**—Make sure others understand what kidney failure means for you, and how transplant can give you a better life