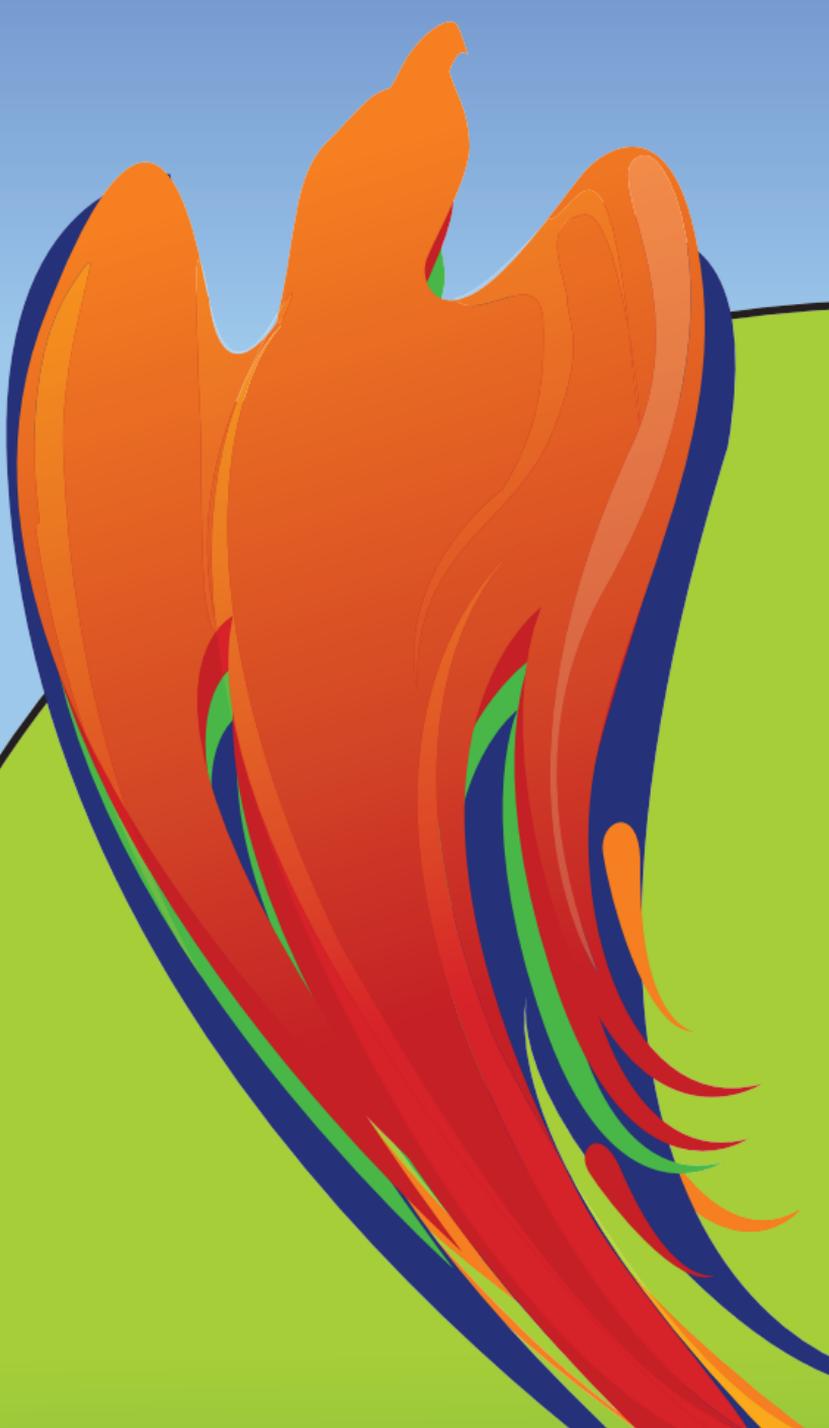


# LIVING KIDNEY DONATION

BECOMING A LIVING  
KIDNEY DONOR



**UMC**  
UNIVERSITY MEDICAL CENTER

**CENTER FOR  
TRANSPLANTATION**

# TYPES OF LIVING KIDNEY DONORS

**Living Related Donor:** A blood relative of a person waiting for a kidney transplant.

**Living Unrelated Donor:** A person who is emotionally/personally connected to the person who is waiting for a kidney transplant.

**Non-Directed or Altruistic Kidney Donor:** A person who volunteers to donate a kidney to an unknown recipient. This reduces the waiting time for the recipient and decreases the chance of a patient dying while on the wait list.

## THE DONATION PROCESS

The UMC Center for Transplantation will perform initial screening to ensure that the potential donor does not have health issues that would make it unsafe for a living donation.

### **Confidentiality:**

***Donors have the right to decide if they do not want to donate at any time during the process. Personal and health information will not be shared with the recipient or his / her family. Health and safety is UMC's priority with all living donors.***

**Blood Testing:** The potential donor must be blood type compatible to donate to a particular recipient.

Donor Blood Type	Recipient Blood Type
O	O, A, B, or AB
A	A or AB
B	B or AB
AB	Only AB

If the donor is blood type compatible then a "crossmatch" is performed. The recipient's blood and the donor's blood are mixed together to ensure compatibility.

## **Evaluation and Screening:**

Blood pressure monitoring

Evaluation with the UMC Multidisciplinary Transplant Team who will make sure the donation is safe for the donor

Meeting with the Transplant Social Worker and the Independent Living Donor Advocate to discuss the donor's support system throughout the donation process

Laboratory testing to evaluate kidney function, risk of diabetes, and infectious diseases

Imaging studies such as an ultrasound, a CT scan and a renal perfusion scan

A chest x-ray to evaluate lung health and an electrocardiogram to assess heart health

A PAP smear for all women 18 and over and a mammogram for women who are over the age of 40

Men and women over the age of 49 require a colonoscopy

Men over the age of 49 require a prostate specific antigen screening

## **How is the kidney removed?**

The kidney is removed laparoscopically. Two small incisions are made in the abdomen and a third incision is made to remove the kidney.

The usual hospital length of stay is one to two nights. Donors will see the surgeon 1-2 weeks after donation with follow up appointments at 6 months and 1 year.

## **What is the recovery time?**

The recovery time is 4-6 weeks. Most donors return to work 4 weeks after the surgery.

## What makes a good living kidney donor?

- A willingness to voluntarily donate a kidney
- 18 years of age or older
- Not significantly overweight  
(A body mass index of 35 or less)
- No history of diabetes  
(A history of gestational diabetes will be evaluated)
- Normal blood pressure, or blood pressure controlled with one medication
- Cancer free
- A commitment to taking care of your health after donation, including a yearly follow-up with your doctor

## What is the cost of donating?

Costs of the medical testing and the physician appointments are covered by the recipient's insurance.

Travel and other costs may be covered by the National Living Donor Assistance Center. The Transplant Team can provide this information.

## Benefits of Living Kidney Donation

Donating a kidney to a person in need may save a life.

The transplant can greatly improve a recipients' quality of life.

Living kidney transplants usually last longer than transplants from a deceased donor.



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