

How long does the process take and what should I do next?

During your assessment you will be required to attend hospital for a number of tests and investigations, and to meet various members of the team. Depending on where you live, many of the tests can be done locally. The assessment usually takes 3-6 months, but this can vary. When your assessment is complete and your operation date planned, arrange for 6-8 weeks recovery following donation. Most kidney donation operations are done by keyhole surgery and we would expect you to be in hospital for 3-5 days.

For certain groups of people, such as those in self-employment, there is a scheme in Scotland which enables donors to reclaim necessary expenses (within a reasonable limit), such as loss of earnings. It is important to highlight this early on if it will be required.

After your initial follow up, all living kidney donors are offered a yearly appointment to check their kidney function.

For further information and to start the process contact your local living donor transplant co-ordinator or specialist nurse.

Visit: livingdonationscotland.org

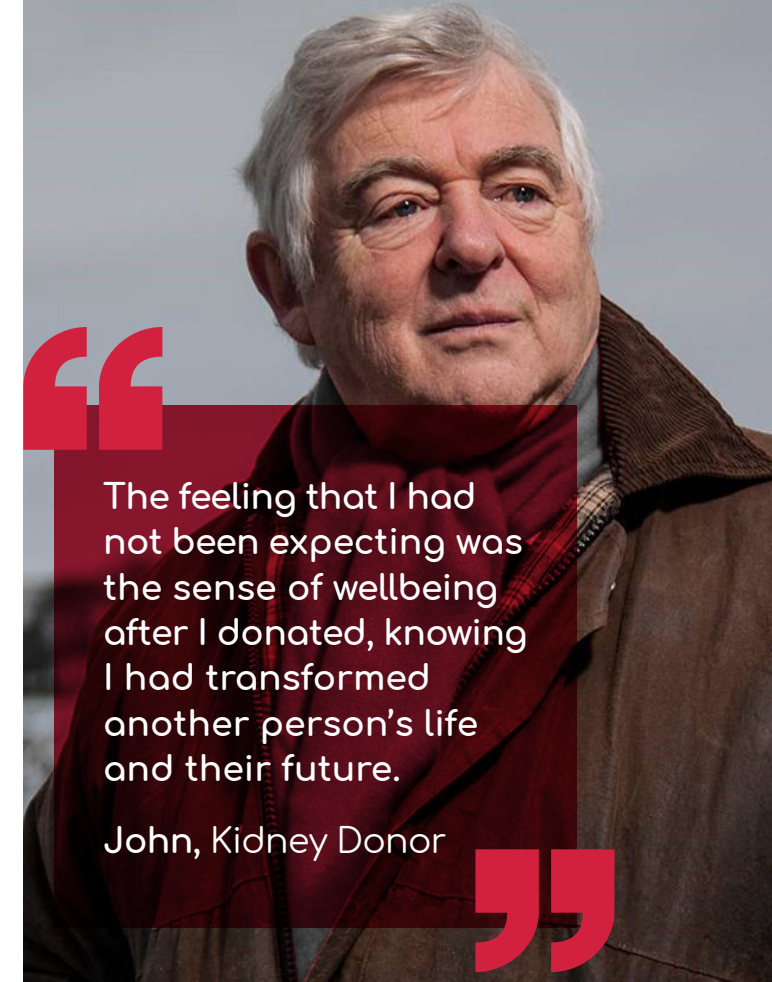
Where can I find out more information and advice on living kidney donation?

Visit:
livingdonationscotland.org

Email:
livingdonationscotland@nhs.net

Call:
Contact the Living Donor Transplant Co-ordinator at your nearest Transplant Unit on:
Edinburgh 0131 242 1703
Glasgow 0141 451 6199

Information about becoming a living kidney donor



The feeling that I had not been expecting was the sense of wellbeing after I donated, knowing I had transformed another person's life and their future.

John, Kidney Donor

The exceptional gift

Volunteering to donate a kidney, either to someone you know, or anonymously to someone on the transplant list (altruistic donation) is a wonderful thing to do, but a big decision with lots to consider. This leaflet is a general introduction to living kidney donation; more information is available at: www.livingdonationscotland.org

Why living kidney donation?

- A successful transplant from a living kidney donor can be the best possible treatment for someone with kidney failure, especially if it is scheduled before the recipient needs to start dialysis.
- In general, people who receive a living donor transplant will live longer than those who receive a kidney from a deceased donor.
- A kidney will never be removed from a living donor until the team are satisfied that the short and long term risks to that person are low. All risks are explained in detail during the donor assessment.

Why we need more living kidney donors

In the past 10 years alone, more than 500 people in Scotland have transformed the lives of others by becoming living kidney donors. It is possible to live a completely normal life with just one kidney.

Many are 'directed' donors – people who are donating a kidney to someone they know who is waiting on a transplant. Nowadays it is often a partner or friend who donates.

An increasing number of people are offering to be 'altruistic' donors – giving to someone on the transplant list whom they do not know (also known as 'anonymous donation'). An altruistic donor can start a 'chain' of transplants, meaning up to 3 people can receive a transplant in a kidney sharing scheme due to the altruistic donor's gift.

There are currently more than 5,000 people in the UK on the National Transplant List in need of a kidney. Over 400 of these are in Scotland.

Can I volunteer to be a living kidney donor?

Yes. Anyone can volunteer to give a kidney. Volunteer is the key word – this must be something that you choose to do and feel comfortable doing.

If you would like to donate you will be asked to undertake a series of tests so that the medical team can be absolutely sure that you are suitable to donate. The assessment will involve a number of visits to hospital.

Health and safety is of primary concern and it is important to be aware from the start that not everyone is suitable and you may find that you are unable to donate.

There is no upper age limit and everyone is assessed as an individual.



I received a living donor kidney transplant from my stepmother. I am so grateful to her and all the hospital staff for giving me my life back. It is an amazing thing these people do and it makes such a difference.”

Julie, Kidney Recipient

