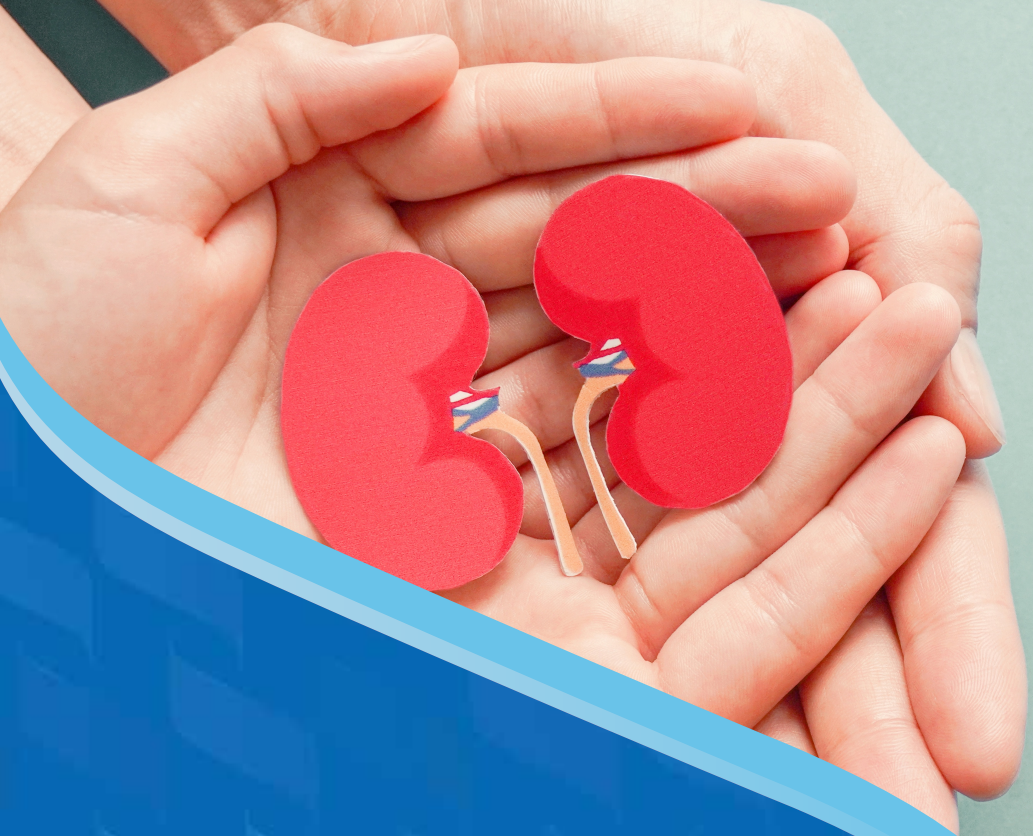




LIVING DONOR GUIDE KIDNEY

The Transplant Institute

 METHODIST DALLAS MEDICAL CENTER

Table of Contents

Welcome	pg 1
Learn About Kidney Disease	pgs 2-3
What is Living Organ Donation	pg 4
Advantages of Living Donation	pg 5
Types of Living Donation	pg 6
Who Can Be a Living Donor	pg 7
Making an Informed Decision	pg 8
Evaluation Process	pgs 9-10
Donor Surgery & Recovery	pg 11
What are the Lifetime Risks	pg 12
Understanding the costs	pg 13
Why Choose Methodist	pg 14
Frequently Asked Questions	pgs 14-15
How to Get Started	pg 15
Resources for more info	16



Welcome and thank you!

If you have picked up this **living kidney donor guide**, you are likely close to or know someone with kidney disease who is **facing a lifetime of dialysis treatments**.

Your interest in learning more about living organ donation is the first step towards giving a **profound gift** of improved health and better quality of life for someone with kidney disease.

Every year, living organ donations make thousands of additional transplants possible.

This guide is designed to provide more information and answer common questions about **becoming a living donor**.

Thank you for considering a **living gift**.



Learn About Kidney Disease

Chronic kidney disease is when the kidneys have become damaged over time and have a hard time doing their important jobs. As kidney disease progresses, most patients eventually come to rely on dialysis treatment. Most people are surprised to learn that dialysis patients spend on average 12 hours a week receiving treatment.

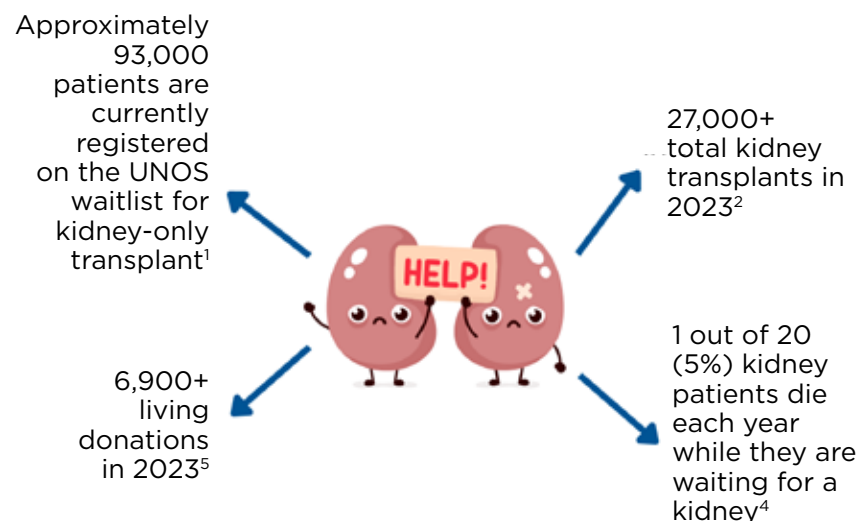


Since there is no cure for kidney disease, transplantation is often the preferred treatment option for people with advanced chronic kidney disease or end-stage renal failure.

In select cases, some people may be candidates for transplantation before dialysis treatment is needed.

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4 years is the average waitlist time for the majority of UNOS registered kidney patients³

Sources:
1,3,4: <https://transplantliving.org/kidney/the-kidney-transplant-waitlist/>
2 & 5: <https://unos.org/data/>

What is Living Donation

Living organ donation is when a **living person donates an organ or part of an organ** for transplantation into another person.

Most living donors donate one of their kidneys or a part of their liver.

Living organ donation can be done by a family member, friend, co-worker or even individuals who wish to remain anonymous.

This **life-changing gift** can spare a transplant candidate from a long wait that often decreases their quality of life.

Additionally, living organ donation also increases the chances of success for the transplant recipient.



Watch this video to
learn more about
living donation.



Advantages of Living Donation

A living donor kidney transplant may offer several advantages compared to receiving a kidney from a deceased donor.

Better functionality/outcomes. On average, living donor kidney transplants tend to function better and last longer than kidney transplants from deceased patients. A kidney from a living donor generally functions immediately after transplant as it is only out of the body for a very short time. Deceased donor kidney may take longer to regain normal function, after transplantation, which can mean dialysis could be necessary until the kidney begins to function.

Shorter wait times. Waiting for a deceased donor kidney can take years. With living donations, that wait time is dramatically shortened which minimizes the amount of time spent on dialysis.

Decreasing the waitlist. Every transplant candidate receiving a kidney from a living donor reduces the number of patients waiting for a deceased donor kidney.

Convenience. With living donation, extensive testing and evaluations are done to ensure the donor is healthy and providing a high-quality kidney. The testing and procedures are scheduled at a mutually convenient time, for the recipient and donor.

Types of Living Donation

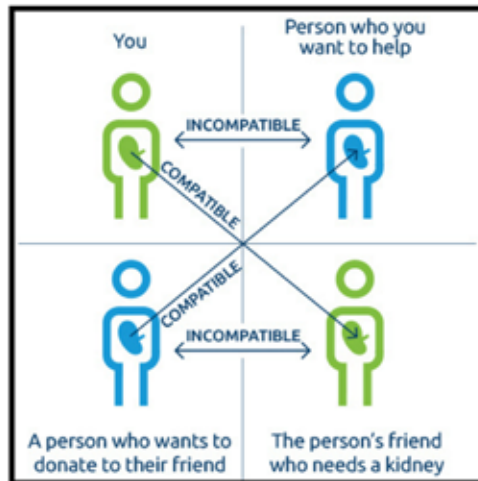
A living donor kidney transplant may offer several The Transplant Institute at Methodist Dallas Medical Center categorizes living donations into these three types.

Living donor related: When a living donor directs their organ donation to a biologically-related person.

Living donor non-related: When the living donor is not related to the recipient. In most cases the donor knows the recipient (friend, coworker, social network).

➤ In some cases, living donor related or non-related donors make an altruistic donation and don't know (and don't wish to know) who the recipient is.

Paired donation: (Also known as a paired exchange or a donor swap) Paired donation is when a living donor is not compatible with their intended transplant candidate, but does match with a transplant candidate of another living donor-to pair the two sets and swap donors.



Who can be a Living Donor?

In order to become a living donor, there are certain criteria which must be met. These are meant to protect your health as well as the recipient's health. Our transplant program requires living donors to:



Be at least 18 years old



Be in good overall physical and mental health



Understand the risks of living donation



Be willing to undergo a comprehensive medical and psychological evaluation to be considered



Some health issues may prevent you from donating. These will be discussed during the evaluation process.

Making an Informed Decision

It's very important to understand all aspects of the donation process, including the risks as well as the emotional, financial and physical considerations involved with living organ donation.

Your consent to become a donor is completely voluntary. You have the right to delay or stop the donation process at any time and the reason(s) to do so will be kept confidential.

The transplant team will discuss all aspects of living donation to ensure you make the best decision for you.

One of the ways we do this is by providing a dedicated independent living donor advocate (ILDA) to anyone interested in learning more about becoming a living donor.

Your independent living donor advocate will:

- ✓ Help you understand your kidney donor protections
- ✓ Ensure you are fully informed and understand all parts of the consent, evaluation, surgery and recovery processes
- ✓ Make sure that your decision to become a living donor is in your best interest
- ✓ Help you confidentially opt out of becoming a living donor if you decide it is not the right choice

Evaluation Process

Once your application is received, you will be contacted by the ILDA to begin the evaluation process.

The evaluation process involves **multiple medical tests and comprehensive assessments** by a team of transplant specialists.

These tests are necessary to measure your compatibility and overall health.

The Methodist Dallas Medical Center transplant team has developed a **streamlined evaluation process** that reduces the number of visits and time investment needed by the donor.

Once the evaluation process is complete, the transplant committee will **review your application and all test results** for approval or denial.

If you are approved to donate and match with your intended recipient, your surgeries will be scheduled. If you do not match, our transplant team can help find a paired donation if you choose to pursue that option.



If you are traveling from out of town, financial assistance may be available to cover your travel expenses.

Evaluation Process continued

Tests and assessments most people will need include:



Blood tests

Blood tests are used to get information about your health as well as donor/recipient compatibility



Urine analysis

Your kidney function is checked using a 24-hour urine collection



Chest x-ray & electrocardiogram (EKG)

These tests will check your heart and lung functionality



CT angiogram

This procedure allows us to view both of your kidneys and create a detailed map of their anatomy and blood vessel supply



Cancer screenings

Depending on your age, gender and medical history, this can include a colonoscopy, pap smear, mammogram, prostate labs, etc.

Psychosocial evaluation

A verbal assessment of your mental health and daily life situation, support system and financial assessment

Donor Surgery and Recovery

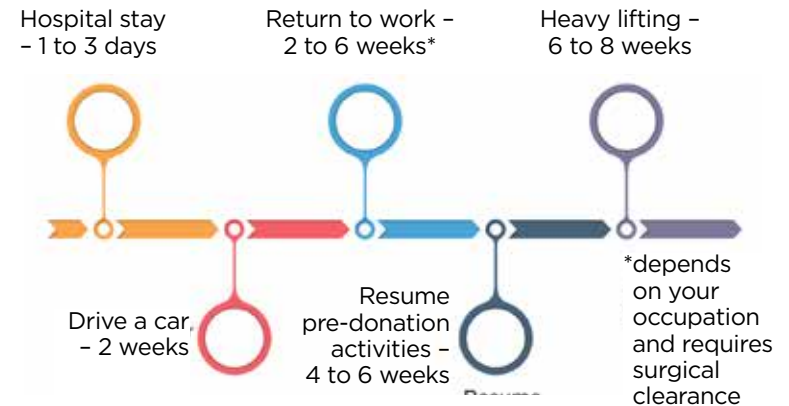
There are a handful of surgery methods to perform a kidney removal, known as a nephrectomy.

Methodist Dallas Medical Center specializes in minimally-invasive nephrectomies, using the latest technology and techniques.

In rare instances, a donor may need an open nephrectomy, which requires an incision in the abdomen or side of the abdomen.

As part of your evaluation you will meet with a transplant surgeon to discuss your surgical options, benefits and associated risks.

Average Recovery Times:



If you are traveling a far distance for your kidney donation procedure, talk to your transplant team about making arrangements to stay near Methodist Dallas Medical Center for approximately 10-14 days.



What are the Lifetime Risks?

While there is limited research on the long-term risks of donating a kidney, most studies suggest that you can live a normal, healthy life with one kidney.

After donating a kidney, your remaining kidney increases its capacity to compensate. Studies show that within 10-11 days, total kidney function is back to approximately 70 percent and continues to improve from there.

One possible long-term risk may be slightly higher blood pressure. Rarely, patients experience pain, nerve damage, hernia or intestinal obstruction.

Understanding the Costs

As part of your decision to donate, it is important to understand all the possible costs, if any, which might be your responsibility.

Typically, it is the transplant candidate's insurance which covers a living organ donor's medical expenses (post-transplant expense coverage varies by insurance).

Every insurance situation is unique and questions about what expenses may or may not be covered will be discussed at length by our transplant team.

Questions to consider



What, if any, costs should I expect?



Is there any financial assistance available?



Will my employer work with me to have this surgery?

Why Choose Methodist?

We have one of the largest and most active multi-organ transplant centers in the southwestern United States.

For over 40 years, our reputation for excellence has been reflected in our transplant success rates. Many transplant patients travel from around the world to be treated by our multidisciplinary specialists.

In addition to our longstanding transplant accomplishments, we believe that every patient is part of the Methodist Health System family and will receive our best efforts to fulfill our mission: to improve and save lives through compassionate and quality care.

“The staff at Methodist Dallas are such pros,” Doug says. “They put you at ease right away. It was evident they were experts.”

Doug Kidd, who received a kidney from his son Collin

“For every part of my mom’s transplant, we turned to Methodist Dallas.”

Joanna, who donated her kidney to her mom at age 25

Frequently Asked Questions

Will the recipient be removed from the deceased donation kidney waitlist while I’m evaluated?

No changes are made to the recipient’s status on the waitlist while you’re being evaluated.

Are living donor transplants always successful?

Although transplantation is highly successful, and success rates continue to improve, there is still a small chance that problems may occur. Sometimes, the kidney is lost to rejection, surgical complications or the original disease that caused the recipient’s kidney to fail.

Will I need to return to the hospital for check-ups?

Initially, close monitoring is essential to ensure your recovery progresses as expected. Your first follow up will occur about two weeks post-hospital discharge. We advise patients to stay near Methodist Dallas Medical Center for two to three weeks post-surgery and return if any issues arise during recovery. Additionally, having a companion with you, especially right after leaving the hospital, is strongly recommended.

How long does a transplanted kidney last?

The average living donor transplanted kidney lasts 15-20 years, a deceased donor kidney lasts an average of 5-10 years.

Do I have to follow a new diet plan following donation?

Typically, after donating a kidney, you can resume your normal diet unless you have underlying health concerns. We advise our kidney donors to choose a diet that is conducive to maintaining a healthy weight and overall

Continued

well-being. Your transplant team will address any specific dietary requirements or inquiries you may have.

Can I consume alcohol following donation?

Once your doctor has cleared you for alcohol consumption, yes.

Can I get pregnant after donation?

After your doctor gives approval, yes.

How to Get Started

If you are ready to begin the process of becoming a living donor, the first step is to complete the living donor application.

In this application, you will be asked questions about your medical history, current medications and physicians, as well as relevant personal information. Expect to spend about 10 minutes completing the application.

The living donor transplant application can be found online at: <https://www.theliverinstitutetx.com/services/living-donor-kidney-transplant/>

The application can be filled out and submitted online OR It can be printed and mailed to the address below:

The Transplant Institute at Methodist Dallas
1411 N. Beckley Ave, Suite 268, Dallas, TX 75203

Thank you for taking the next step!

We look forward to serving you in this potentially life-saving decision.

Resources for more info

Methodist Transplant Specialists

<https://theliverinstitutetx.com/living-donor>

United Network for Organ Sharing (UNOS)

<https://unos.org/>

Donate Life America

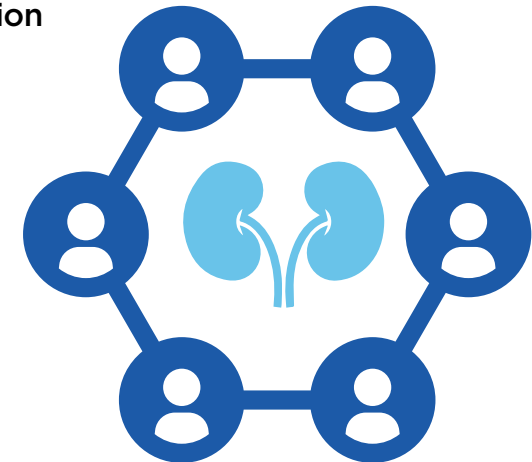
<https://donatelife.net/>

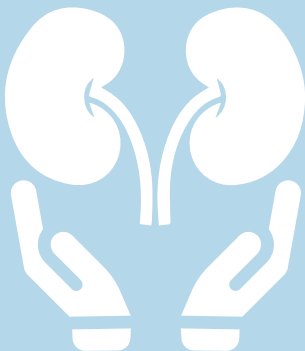
Organ Procurement and Transplantation Network

<https://optn.transplant.hrsa.gov/>

National Kidney Foundation

<https://kidney.org>





The Transplant Institute

 METHODIST DALLAS MEDICAL CENTER

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**Living Donor
Application
and Information**

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