

Donor testing

Testing can take 6-12 months to complete. There are three phases to the testing.

- information gathering and match testing
- medical evaluation
- surgical evaluation

You or the living donor team can stop the donation process at any time. Your reasons for stopping the testing are confidential and this information cannot and will not be shared with the recipient or any other family members.

Step 1: Make the call

If you have decided to start the process, you need to contact the Living Kidney Donor Program by telephone.

- **204-787-2323**
- **1-877-499-8774 ext 72323**
(toll free long distance)

During the call, you will be asked for your:

- name
- date of birth
- address
- health card numbers
- name of recipient
- recipient date of birth

Please have this information ready when you call the donor program.

Kidney Paired Donation

Some donors find out that they are not compatible with their recipient and cannot give them a kidney. Kidney Paired Donation (KPD) is a national program run by Canadian Blood Services.

The program searches for recipient and donor matches among the many other pairs across Canada who do not match each other. When a match is found, pairs may be able to anonymously donate so that each recipient can get a good kidney transplant.

The nurse coordinator or your donor nephrologist, will advise if KPD is an option for you and your recipient to consider.

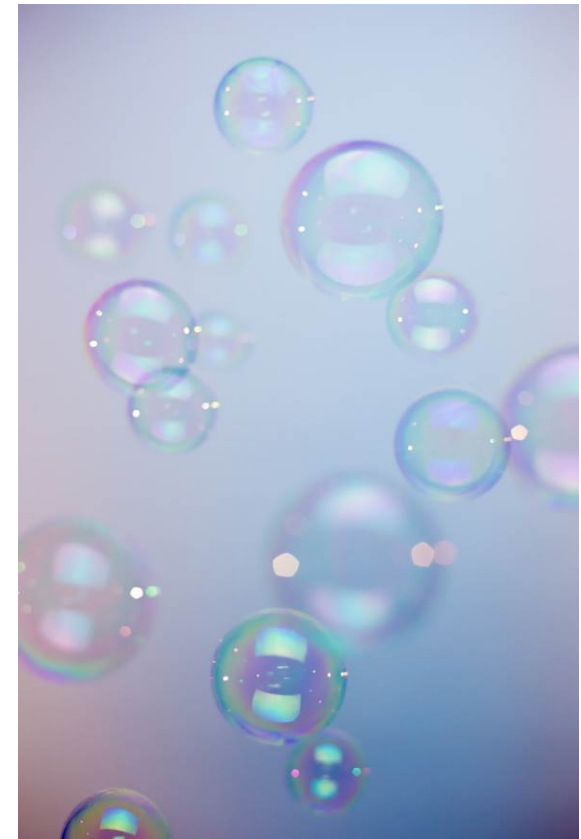
For more information, please visit www.blood.ca, click on the Organs and Tissues tab, then Living Kidney Donation.

Contact Us

Phone: 204-787-2323

Email: livingkidneydonation@hsc.mb.ca

Web: www.transplantmanitoba.ca



**Is being a
Living Kidney
Donor right
for me?**

An introduction to living kidney donation

This brochure will help you understand:

- what it means to donate a kidney
- the risks involved
- what to expect

When a loved one or friend is sick, being worried about their health is natural. Knowing you may be able to help can make the decision even more difficult. While people living with kidney failure can benefit from living donation, it is very important to make the decision that is best for you.

When you think about donation, ask yourself:

- what are your beliefs about organ donation?
- what are the risks and benefits?
- how will donation affect my relationship with the recipient? family members?
- who will support you throughout this process?
- how will you manage your responsibilities (family, work, financial) now and during your recovery.
- how will I feel if testing rules me out or uncovers a health issue?
- do I need more information about donation?

Why consider living kidney donation?

Kidney transplantation is the best treatment for kidney failure. It is better than long-term dialysis because with a kidney transplant a person will likely:

- remain healthier
- live longer
- enjoy better quality of life
- not wait for years for a deceased donor

Who can be a living donor?

Living donors are healthy people with good kidney function. They cannot have diabetes or high blood pressure. The testing of each donor is specific to that person. This is to make sure it is safe for them to donate.

Specifics on risk of kidney donation will be taught to you should you decide to move forward from here in investigating whether kidney donation is right for you. For now you should know there are two types of risks:

- **surgical risks**

Fewer than one in 20 donors (less than 5%) will have complications from the surgery. Most of these complications are minor and the risks are small. There is a very small chance of a serious complication happening with any surgery. This can result in long-term problems or even death. The risk of dying while donating a kidney is roughly one in 3000 cases or less than .03%.



- **long-term risks of living with one kidney**

A donor's overall kidney function will be slightly less for the rest of their lives. Immediately after surgery, kidney function drops by 50%. Over the coming weeks and months, the remaining kidney adapts and works more. Most donors will have between 70-80% of the kidney function they had before the donation. This is a healthy level of kidney function and donors do not feel any different.

Follow-up care

Donors need to maintain a healthy active lifestyle and get regular follow-up with a family doctor once every year or two. Simple blood pressure and kidney function tests may find any problems early on.