



Research has shown health outcomes are improved when a patient receives a donated organ from a living donor compared with one from a deceased donor.

Whether you have a living donor in mind or not, this brochure provides information and resources on living donation and tips on how to ask your community members to consider donation.



UCSF and Other Donation Resources

Living Donor Health Questionnaire:
www.ucddonor.org

UCSF Kidney Transplant:
<https://www.ucsfhealth.org/clinics/connie-frank-transplant-center-at-ucsf>

UCSF Living Donation:
<https://www.ucsfhealth.org/lp/living-organ-donors>

American Society of Transplant Surgeons:
<https://asts.org/asts-home>
Search "Living Donation"

Living Donation California:
www.livingdonationcalifornia.org

United Network of Organ Sharing UNOS:
www.unos.org

UCSF Living Donor Program

UCSF Medical Center,
Connie Frank Transplant Center
400 Parnassus Ave, Suite 701
San Francisco, CA 94143

Phone: 415-353-1551
Email: living.donor@ucsfmedctr.org

Living Organ Donation

Information for
Kidney Transplant
Recipients

Who Can Donate?

Any healthy person can safely donate a kidney. The donor must be in excellent health, well informed about donation, able to give informed consent, and cleared by the transplant team.

A donor does not need to be a match with the recipient. A “paired exchange” or “swap” can be done when the donor and recipient are not a match, through an exchange with another donor and recipient pair.

If no one has offered to be a living donor you may need to reach out to your wider community and let them know of your medical condition.

The Preparation

- Educate the people in your support system, like your family and friends, on the nature of your disease, your need for transplant, and the donation process.
- Create a list of potential donors. Consider all members of your longstanding communities such as extended family, friends, work, and religious communities.

The Discussion

- Consider speaking to some potential donors yourself. Others may respond better to discussions with your close family members or friends.
- Consider several modes of communication, including writing a letter, making a group announcement in your community, sending an email, in addition to face to face discussions.
- Focus on how your disease has affected your life and the lives of your family and friends.
- Educate your potential living donors on the donation process.
- Share online resources listed on the back of this brochure to provide further education and information about living organ donation.
- Let your potential donors know that they can contact our transplant team with any questions or concerns. Their discussion and medical information will be kept confidential.
- Give potential donors time to think about their decision. This is a process that should not be rushed.
- Prepare yourself for varying reactions from potential donors, including curiosity, hesitation, and refusal.

- Attend a Living Donor Champion Workshop hosted by the UCSF Living Donor Team to learn more. Please visit our website for a schedule of events.

Kidney Transplant

- The current waiting time for a kidney transplant from a deceased donor can be up to 10 years and getting longer every day.
- Of the people on the wait list, only one in five survive long enough to get a transplant, because they get too sick for the transplant.

The Next Steps

- Most donors do not accept immediately. Follow up with potential donors in a few weeks' time.
- Provide potential donors with the information and resources within this brochure, as well as contact information for UCSF, in case they would like to discuss the process further.

If someone offers to donate, have them fill out the online questionnaire at www.ucsdonor.org

