



Patients who receive a donated organ from a living donor as opposed to one from a deceased donor have improved health outcomes.

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

## UCSF and Other Donation Resources

Living Liver Donation:  
[ucliverdonor.org](http://ucliverdonor.org)

UCSF Liver Transplant:  
<http://tinyurl.com/ztqne58>

UCSF Donation Education:  
<https://tinyurl.com/rgqmpw2>

American Society of Transplant Surgeons:  
<http://tinyurl.com/zgeyuok> (English)  
<http://tinyurl.com/hw6hc34> (Spanish)

Living Donation California:  
[www.livingdonationcalifornia.org](http://www.livingdonationcalifornia.org)

UNOS: [www.unos.org](http://www.unos.org)

Donate Life:  
[www.donatelifecalifornia.org](http://www.donatelifecalifornia.org)

National Liver Donor Assistance Center:  
<http://tinyurl.com/h2c33tp>

### UCSF Living Donor Program

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

Phone: 415-353-1888  
Email: [Liver.LivingDonor@ucsfmedctr.org](mailto:Liver.LivingDonor@ucsfmedctr.org)

# Living Organ Donation

Information for  
Liver Transplant  
Candidates

## Who Can Donate?

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

Donors should be:

- 18 to 60 years of age.
- In good health with no major medical or psychiatric illnesses.
- A non-smoker for at least six weeks prior to surgery.
- Off birth control pills for at least six weeks prior to surgery.

You do not have to be a relative of the recipient.

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.

## 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 at 415-353-1888 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 not a process that should be rushed.
- Prepare yourself for varying reactions from potential donors, including curiosity, hesitation, and refusal.

## The Next Steps

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

## Liver Transplant

- Almost 5,000 patients receive transplanted livers every year, but more than 1,700 patients die each year while on the waiting list.
- The problem is that the priority for livers is highest for the sickest patients.
- The purpose of living donation is for the patient to receive a transplant before they get too sick. Only one in three patients on the wait list will receive a deceased donor liver transplant.
- In living donor liver transplantation, a piece of liver is removed from a living donor and transplanted into a recipient. The procedure, performed after the diseased liver has been removed, is possible because the liver regenerates or grows.

If someone offers to donate, have them fill out the online questionnaire at [ucliverdonor.org](http://ucliverdonor.org)