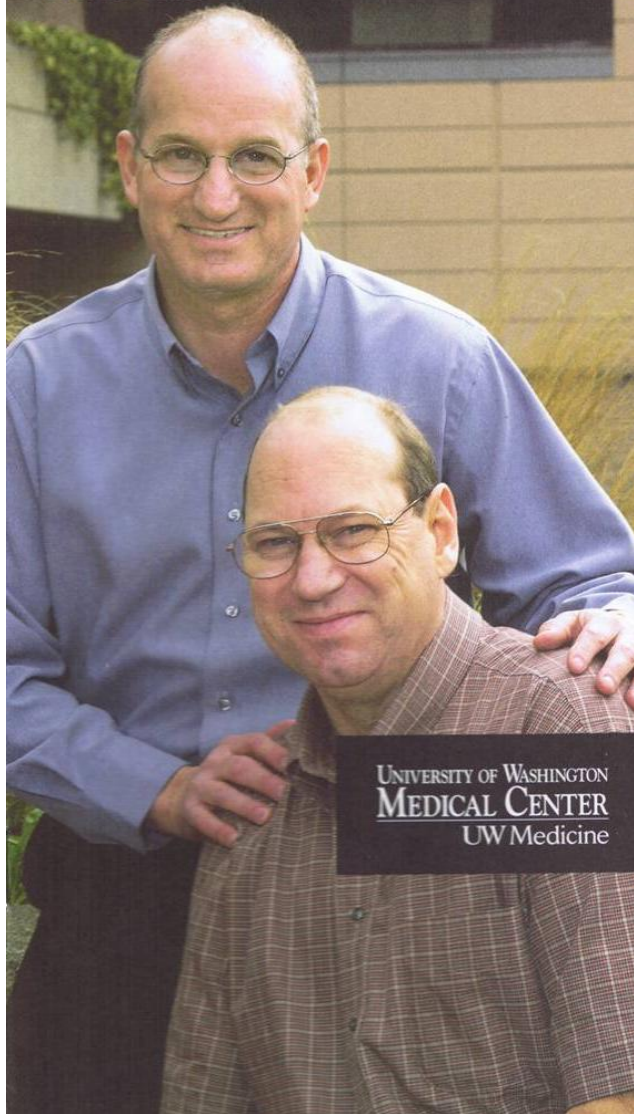


Kidney Donor Information



UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Becoming a kidney donor

Living donor transplants can provide recipients with an excellent quality of life for years. People who have kidney transplants tend to do better when their new organ comes for a living donor rather than from a deceased donor.

The Living Donor Program evaluates related and unrelated donors.

A living related donor (LRD) is a blood relative who would like to donate one of their kidneys to a family member.

A living unrelated donor (LURD) is a spouse, friend, or co-worker who would like to donate one of their kidneys to someone they know in need of a transplant.

Non-directed altruistic donation is for those who wish to donate a kidney to someone they do not know, purely for altruistic reasons. This unconditional, generous gift saves the life of a kidney patient on the transplant list. A Selection Committee will decide whether kidney donation is appropriate or not, based upon safety for the donor.

The Donor Exchange was developed to match recipient and donor pairs when a patient is unable to accept a kidney from someone known to them due to incompatible blood types or positive crossmatch. It can be very difficult to find a suitable exchange pair, but this program can assist transplant patients in finding a suitable donor while simultaneously finding a suitable recipient for the organ a family member or friend had hoped to donate.

Each time a recipient/donor pair is added to the Donor Exchange list, the list is reviewed. If it is determined that two or more sets of recipient/donors could possibly exchange organs, those recipient/donor pairs are contacted regarding additional information and screening tests.

Donation qualifications

To be considered for the Living Kidney Donor Program, you should be at least 18 years of age, be in good physical and psychological health, have a body mass index of 30 or below, and be generally healthy, which means being a non-smoker and being free of diabetes, high blood pressure, cancer, and chronic infection. Also, to donate to a specific person, a donor must have the same or a compatible blood type to the recipient. The recipient cannot have high levels of anti-donor antibodies.

Blood group compatibility

BLOOD TYPE	CAN RECEIVE FROM	CAN DONATE TO
O	O	O, A, B, AB
A	A, O	A, AB
B	B, O	B, AB
AB	O, A, B, AB	AB

Positive crossmatch?

Blood is drawn from the recipient and donor for an "initial crossmatch." If there is a reaction between the two, this is called a "positive crossmatch." If there is no reaction between the two, this is called a "negative crossmatch."

If there are several potential donors being evaluated, the recipient and all of the donors are usually scheduled for this test at the same time. The donors with the negative crossmatch are selected for evaluation.

To start the evaluation process, donors must:

- Call the Living Kidney Donor Program at 206-598-3627.
- Complete a demographic and a health questionnaire.
- Provide a copy of your last medical history and physical.
- Provide documentation of blood type.
- Provide documentation of three blood pressure readings over an 11-to-14-day period.

Kidney donor surgery

Kidney donation involves one of two types of surgery: laparoscopic nephrectomy surgery or conventional open nephrectomy surgery. (Nephrectomy means removal of a kidney.) Laparoscopic nephrectomy usually results in smaller scars and shorter recovery time. It is performed using a tiny telescope, called a laparoscope, to see inside the abdomen through several very small incisions. A space is created inside the abdomen with carbon dioxide to allow the surgeon to see and move the instruments.

Laparoscopic nephrectomy surgery results in less post-operative pain, so less pain medication is needed, and donors return to work and normal activity faster than with conventional open nephrectomy surgery.

Conventional open nephrectomy surgery may be more appropriate for some donor patients, including those who have had previous abdominal surgery or have unusual anatomy. Occasionally, potential kidney donors only have the option of an open nephrectomy. The decision is based on the safety of the donor and the successful retrieval of the kidney.

Donors are encouraged to live a healthy lifestyle to decrease the risk for developing high blood pressure and diabetes, the leading cause of kidney disease. They are also encouraged to see their doctors regularly. **For more information about becoming a kidney donor, call 206-598-3627.**

Quick review

Participation

Participants in the Living Kidney Donor Program at UW Medical Center include:

- Living related donor
- Living unrelated donor
- Non-directed altruistic donor
- Donor Exchange participant

Evaluation

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Surgical considerations

Kidney donation involves one of two types of surgery: laparoscopic nephrectomy surgery or conventional open nephrectomy surgery.

We are located at UW Medical Center, 1959 N.E. Pacific St. Parking is available in the Triangle Garage across the street from the medical center or in the Surgery Pavilion garage. Disability parking is also available in the garage. Validation for reduced rate parking is provided for patients and visitors.



The University of Washington is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation contact the Disability Services Office at least ten days in advance at: 206.543.6450/V, 206.543.6452/TTY, 206.685.7264 (FAX), or e-mail at dso@u.washington.edu.

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