

# Information about live kidney donation

## Information for the recipient

### What is a live donor kidney transplant?

Your kidney doctor (nephrologist) and transplant surgeon has decided that you will benefit from receiving a kidney transplant at the Queen Elizabeth Hospital, Birmingham.

You should have been given information about waiting for a kidney transplant, the operation itself and life after a successful transplant. A kidney can be donated to you in two ways; from a deceased donor or a living donor.

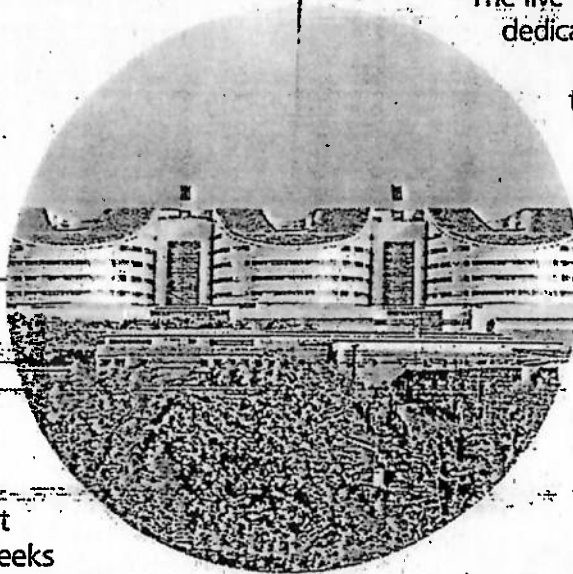
### Who can be a living kidney donor?

A living kidney donor can be a family member, a friend, your partner or even a complete stranger. It is possible for an individual to return to a normal life after donating a kidney.

Not everyone can be a live kidney donor. Some people may not be fit enough to undergo the operation and live with one kidney for the rest of their life.

People who suffer from diabetes or have had cancer or heart disease may not be suitable.

The live donor transplant coordinators are a dedicated team who facilitate those who wish to be a live kidney donor. This team provides information, support and arranges the assessment of potential donors.



### Someone wants to give me a kidney - what happens next?

The potential donor should contact the live donor team; within two weeks you will both be invited to an information meeting.

If the donor wants to find out more information about the donor process this can be provided without commitment.

Blood tests will be taken to look at the donor's blood group and tissue type (body cell) match and potential suitability to donate their kidney.

Within four weeks you will both be told the cross match (matching test) result.

If there is a match between you and your potential donor, and you both decide to proceed, the donor will then have a further appointment to undergo detailed scans and tests on their kidneys.

If all the tests are healthy your donor could donate a kidney to you in three months.

At any point, you or your donor can change your mind.

My donor isn't a match - is that the end?

No, it is not the end. If you are not a match with your donor, and depending on your cross match result, there may be other options available. We will discuss these with you should this circumstance arise.

# Information for the donor

## Where can I be tested?

There are live donor teams throughout the country; that work together as one network.

You will be able to have most of your tests done in the transplant centre nearest to you; the team there will then communicate with QEHB.

There is a living donor expense scheme in place to ensure donors are compensated for their loss of earnings and expenses. All travel expenses to appointments will be reimbursed and any loss of salary will be made up. The live donor team can give you more information about this.

## What does the live donor operation involve?

The operation takes place here at the Queen Elizabeth Hospital, Birmingham.

You will be put under a general anaesthetic (put to sleep) during the operation.

## How will I feel after the operation?

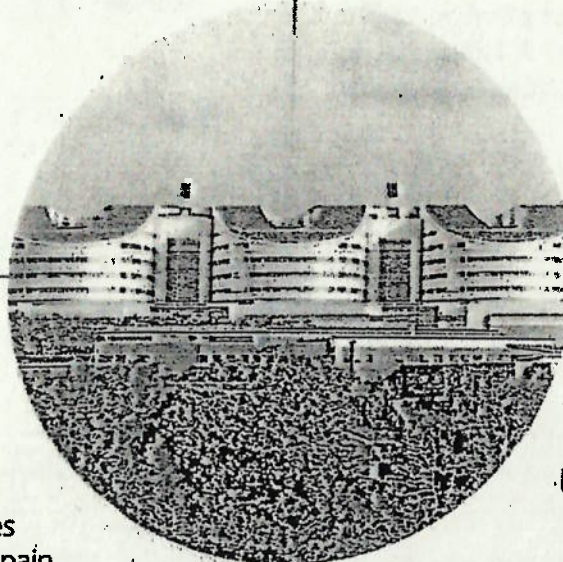
You may feel stiff and sore after the operation. If you are in pain you should notify one of the nurses or doctors and they will help with pain relief.

You should be able to leave hospital two days after the operation.

You will need to rest for a month to allow your body to recover. If your job requires heavy lifting for example, we may advise that you take longer off work.

You will have yearly check-ups with either the team at QEHB or your GP to ensure you are in good health.

Live kidney donors go on to lead healthy and normal lives.



## Contact details

If you are interested in becoming a live kidney donor please contact the live donor team on 0121 371 5856 or via email: [livekidneydonor@uhb.nhs.uk](mailto:livekidneydonor@uhb.nhs.uk)

The administrator will take your details. Your case will be allocated to a Living Donor Coordinator who will contact you.

If the recipient is well enough, you will receive a call within one week to offer you both an appointment. You will be sent any necessary information before your appointment with the team.

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