



NATIONAL KIDNEY
FOUNDATION®

WHAT TO KNOW ABOUT LIVING DONATION

WHAT IS LIVING KIDNEY DONATION?

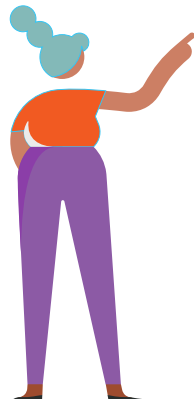
If you have two healthy kidneys, you may be able to donate one to improve or even save someone else's life. Living donation takes place when a living person donates an organ for transplantation to another person. The organ most commonly given by a living donor is the kidney.

DID YOU KNOW?

Most people have two kidneys but **ONE IS ENOUGH** to keep a normal, healthy body going strong.



WHO CAN DONATE A KIDNEY?



- ✓ PARENTS
- ✓ SPOUSES
- ✓ SIBLINGS
- ✓ FRIENDS
- ✓ CO-WORKERS
- ✓ STRANGERS



Living donors **DO NOT NEED TO BE related** to the recipient or have the **same blood type** as the recipient.

FACTS

CHOOSE RECIPIENT

Living donors can choose who receives the kidney

REDUCE WAIT TIME

They reduce their recipient's wait time for a kidney AND shorten the wait time for all on the list

LESS DIALYSIS

Living kidney donation can prevent—or shorten—the need for kidney dialysis

BETTER OUTCOMES

Kidneys from living donors typically last longer and are more successful than deceased donor kidneys

“

I saw a post on [facebook] about a friend of a friend, who needed a kidney. I felt a strong stir in my spirit that it was what I was meant to do. If I could help someone live, why wouldn't I? I already was a registered organ donor, so why wait to do it?” —Jenni B., Living Donor (paired exchange), Cincinnati, Ohio

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WHAT IF YOU ARE NOT A GOOD MATCH WITH THE RECIPIENT?



The transplant center can help explore your options

Other options include **paired donation**, or **kidney swaps** where you donate your kidney to someone else and their donor donates to the person you were going to donate to.

DONATION PROCEDURE: WHAT TO EXPECT

HOSPITAL

Surgery takes place at a
transplant hospital

The stay in the hospital
is usually

2-3 DAYS

RECOVERY

Full recovery
usually takes

6-12 WEEKS

Normal activity can
resume even **sooner**



GOOD EXPERIENCE

Most donors continue to live
healthy and active lives

Most donors report that they would

DO IT AGAIN

if they could

LONG LIFE

Living donors have the same life
expectancy after donating as
people in the general public

Should a living donor need a
kidney in the future, they will be

PRIORITY

While it is very rare that donors
need a kidney in the future, they
will be placed at the top of the
waitlist, if one is needed.

[KIDNEY.ORG/TRANSPLANTATION](https://www.kidney.org/transplantation)

