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 person donates an organ for transplantation to another person. The organ most commonly given by a living donor is the kidney.

LIVING DONATION FACTS
- Living donors can choose who receives the kidney, or can donate altruistically (not know the person who gets it)
- Living donors reduce their recipient's wait time for a kidney AND shorten the wait time for all on the list
- Living kidney donation can prevent—or shorten—the need for kidney dialysis
- Recipients from living donors often have better outcomes than those who receive organs from deceased donors

WHO CAN DONATE A KIDNEY?
- Parents, spouses, siblings, friends, co-workers—even total strangers
- Living donor candidates do NOT need to be related to the recipient
- Living donor candidates do NOT need to have the same blood type as the recipient

WHAT IF YOU ARE NOT COMPATIBLE WITH THE RECIPIENT?
- There are other options including paired donation, or kidney swaps
- The transplant center can help explore your options
AFTER KIDNEY DONATION

• Most donors continue to live healthy and active lives
• Most donors report that they would do it again if they could
• 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 have priority

I saw a post on fb 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

WHERE CAN I FIND OUT MORE?

National Kidney Foundation (NKF)
- kidney.org/atoz/content/living-donation
- learningcenter.kidney.org/spa/courses/resource/becoming-a-living-donor/curriculum/home/default

Health Resources & Services Administration (HRSA)
organdonor.gov/learn/process/living-donation

National Kidney Registry (NKR)
kidneyregistry.org/for-donors/