

LIVING KIDNEY DONATION



UNIVERSITY OF
MICHIGAN HEALTH
MICHIGAN MEDICINE

Why Living Donation?

As of January 2024, there were more than 2,000 individuals on the waiting list for a kidney transplant in the state of Michigan and around 90,000 in the nation, according to the Organ Procurement and Transplantation Network, <http://optn.transplant.hrsa.gov>. Due to the length of the kidney waiting list and the short supply of deceased donor organs, the waiting period for a deceased donor kidney can be several years. Therefore, having a live donor can decrease a patient's waiting time for a kidney transplant.

Other advantages to a living donor transplant include:

- The recipient receives the transplant much sooner and can avoid years of waiting on dialysis for a transplant from a deceased donor
- Better short-term and long-term outcomes as living donor kidneys usually last longer
- Surgery is scheduled making it more convenient for patients and their families
- More complete medical testing is possible with living donors, which helps to provide the highest quality kidneys for transplant
- The recipient receives the kidney the same day as the donor surgery, which helps preserve kidney function and reduce complications

WHO IS A GOOD DONOR?

Donors do not need to be related to the recipient, although they often are related. They can be friends, coworkers, members of the same religious or social organization, or any other type of relationship. While many people are willing to be living donors, not everyone has the qualities necessary to participate in living donation. Donors must be chosen carefully in order to avoid unwanted medical or psychological outcomes.

While the individual circumstances of each potential donor are considered and testing must be done to determine compatibility, all potential donors must be:

- genuinely willing to donate
- physically fit
- in good general health
- free from diabetes, cancer, kidney disease and heart disease

Individuals considered for living donation are usually between 18 and 75 years of age. Gender and race are not factors in determining a successful match. Hypertensive donors over the age of 50 may be eligible under certain conditions. A donor's safety is our primary concern when considering if they are eligible to proceed with living kidney donation. To be approved as a donor the Transplant Evaluation Committee must believe the donor will not be negatively impacted by the donation physically, socially, emotionally, or financially.

WHAT ARE THE STEPS TO DONATE A KIDNEY?

1. Contact the Transplant Center

Individuals who wish to be considered to donate a kidney must contact the Living Kidney Donation program at 800-333-9013, TXP-Donors@med.umich.edu, or use the QR code below to indicate their interest in donation. The office cannot initiate contact with potential donors until they declare their interest. Potential donors will speak with a member of the living donor team who will begin the process by asking questions that include demographic information, personal and family general health history, medications and social history.



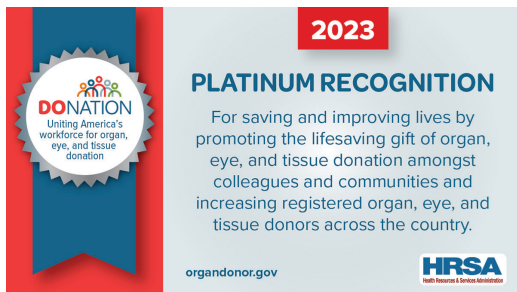
2. Pre-Donation Evaluation

Potential donors may be asked to provide additional records for review, obtain initial blood and urine tests, and/or speak with the Living Donor Advocate prior to determining if they will be a suitable candidate to proceed in the living donor evaluation process. Potential donors identified to move forward in the process will be given an appointment in the Kidney Evaluation Clinic. During this appointment the potential donor will be assessed by a transplant nephrologist, a transplant surgeon, a living donor social worker and advocate, and a transplant dietitian. Donors who live a significant distance from Ann Arbor may have the opportunity to complete the initial evaluation appointments and testing at a transplant center closer to their home. For further information about this, you may speak with the living donor office.

Required testing for donor screening includes:

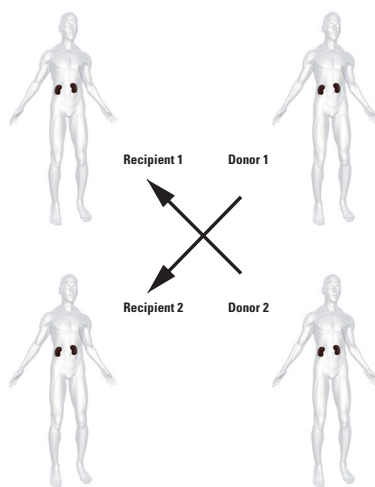
- A complete history and physical exam to evaluate for any medical issues that may make donation unwise
- Blood studies will include blood chemistries, blood counts, blood type and compatibility tests, immune system function and tests for certain infectious diseases
- Chest X-ray
- EKG of the heart
- Additional testing may be necessary depending on individual medical history
- If on the day of evaluation a person is considered to be an excellent candidate to donate a kidney, a computerized tomography (CT) scan will be scheduled.
- Iothalamate kidney function test to ensure donor has good kidney function to donate
- Other testing as deemed necessary

The results of these evaluations are held confidential; not even the recipient is told about this information. The donor is free to withdraw at any time during the donation work-up and is not obligated to donate.



KIDNEY PAIRED DONATION (KPD)

Many patients in need of a kidney transplant may have individuals in their lives willing to donate a kidney, but unfortunately their friends or loved ones cannot donate because they are not a compatible match. The Kidney Paired Donation program is offered to patients who have donors that do not match their blood type or who cannot accept a kidney from a donor because there is a strong chance they would reject the kidney. The program is aimed at providing increased transplant opportunities for patients on the kidney waitlist at the University of Michigan to other pairs in the same situation. When a 'pair' match is found, the donor from pair 1 donates to the recipient from pair 2, and the donor from pair 2 donates to the recipient from pair 1. Even a donor and recipient pair that are compatible can participate in paired donation and help another person or persons receive a living donor transplant.



The University of Michigan participates with both the Alliance for Paired Donation and United Network for Organ Sharing Paired Kidney Exchange programs. These national programs and centers from across the United States have patients enrolled in their databases. In almost all cases the donor and recipient remain at their home transplant center and travel is not required.

WHAT ARE THE RISKS FOR A LIVING DONOR?

While the risk to the donor is minimal, especially if the procedure is done laparoscopically, there are risks associated with the surgical procedure such as bleeding or infection. Research suggests that the long-term medical risks of having only one remaining kidney are low.

WHAT ARE THE COSTS TO THE DONOR?

Living donors are not responsible for the cost of their donation work-up, hospitalization or the costs of complications. These services are covered by the transplant center. Donors will be responsible for their lost wages, cost of travel to and from the hospital for pre-transplant, admission and post-transplant procedures. Most medical insurers do not reimburse for these items. There are financial resources that may be available to donors who qualify based on financial need. The National Living Donor Assistance Program may help with travel expenses and lost wages for donors. Eligibility for National Living Donor Assistance program is determined based on the transplant recipient's household income level and does not currently limit donor household income, but will prioritize funding for donors if there is not enough funding to approve all eligible applicants. Donors and recipients will need to complete paperwork and provide financial statements to assess the financial need for funds.

LIVING DONOR MENTOR PROGRAM

The Living Donor Mentor Program links people who have already donated an organ with those who are considering living donation. A mentor can be a valuable source of support, encouragement and information. Mentors have various backgrounds which allow potential donors to be matched to a mentor best suited to them.

Frequently Asked Questions

Q. Will my donor be called upon to donate before I receive a transplant?

No. Your donor will only donate if you have either already received a transplant through the Kidney Paired Donation program or you are receiving a transplant at the same time that your donor is donating.

Q. Will I remain on the deceased donor list while being enrolled in the Kidney Paired Donation program?

Yes. All transplant eligible patients enrolled in our Kidney Paired Donation program remain on the deceased donor list.

Q. Am I able to be on multiple waiting lists while being enrolled in the Kidney Paired Donation program?

Yes. Being on more than one waiting list does not impact your status in the Kidney Paired Donation program.

Q. Can I have more than one donor enrolled in the program with me?

Yes. The more donors you bring into the program, the better your chances are of finding a match.

Q. Is there any cost to enroll in the program?

No. There is no cost to you or to the potential donors.

About Paired Donation

Q. Will my donor or I be required to travel to another transplant program?

In almost all cases the donor and recipient care is provided by the home Transplant Center and travel is not necessary.

Q. Why should I enroll in KPD?

You will not only receive a transplant from a living donor but be able to help one or more individuals seeking a kidney transplant.

Q. Is it possible that my donor donates in KPD and I do not receive one?

Your donor will not be asked to donate prior to the day you are scheduled to receive a kidney. There is the possibility you may not receive a kidney if unknown events occur. This would be a result of donor surgical complications, issues with you the recipient making transplant unsafe, or issues with travel leading to damage to the kidney.

All donor surgeries are discussed with the involved transplant centers the day of surgery to minimize the risk of any of these events occurring.

Kidney Paired Donation Coordinator
800-333-9013
TXP-Donors@med.umich.edu

EDUCATIONAL OPPORTUNITIES

For individuals considering becoming a living donor, and for patients who want to know more about living donation, please visit our website <https://www.uofmhealth.org/conditions-treatments/transplant/living-and-paired-kidney-donation>. There are several resources available with additional information.

The Big Ask: The Big Give- A free workshop on living donation to teach people with kidney disease, families, and friends how to find a living donor, tell your story through social media outlets and other channels, and educate others about living kidney donor transplant. This program is offered twice a year on Zoom. For questions about this program, please contact the National Kidney Foundation of Michigan 800-482-1455 or visit nkfm.org/BigAskBigGive.

Facts and Myths of Living Donation and How to Find a Living Donor- A free program with UM Transplant Team Members and previous kidney donors and recipients to educate potential donors and recipients about the transplant process and living donation. This program is offered quarterly on Zoom. For questions, please contact transplantoutreach@med.umich.edu or (734) 936-7093.

FURTHER RESOURCES

Michigan Medicine — www.uofmhealth.org

U-M Transplant Center — www.uofmhealth.org/transplant

National Kidney Foundation — www.kidney.org

Gift of Life Michigan — www.giftoflifemichigan.org

THE MICHIGAN DIFFERENCE IN TRANSPLANTATION

The University of Michigan Transplant Center has been a leader in transplantation since 1964. Major advances including laparoscopic kidney-donor surgery, paired-exchange living-donor transplants, and a donor mentoring program have occurred at the U-M Transplant Center. The kidney transplant team has performed more than 8,000 kidney transplants including more than 3,200 living-donor transplants.

The University of Michigan Transplant Center is committed to cutting edge research that will benefit today's patient and patients of the future. We are dedicated to:

- Providing outstanding multi-disciplinary and integrated clinical care through the full continuum of progressive organ failure and transplantation
- Fostering fundamental scientific discovery and innovative translational research in transplantation
- Developing future physician and scientific leaders in transplantation, and build referral base capability to manage patient populations
- Providing public policy leadership related to organ donation, progressive organ failure and disease prevention
- Participation in the United Network for Organ Sharing and The Alliance for Paired Kidney Donation Databases



Clinic Address:
Floor 1 Taubman Center, Reception G
1500 E. Medical Center Dr.
Ann Arbor, MI 48109-5334

800-333-9013

TXP-Donors@med.umich.edu

www.uofmhealth.org/transplant

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