

## Types of Kidney Donors

### Living Donor

- A living related donor kidney comes from a blood relative, such as a parent, brother, sister, or an adult child, and is the best transplant option.
- A living unrelated donor kidney comes from someone who is not related to the person receiving the kidney.
- The donor is evaluated by the transplant center to make sure he/she is healthy enough to donate and is offering his/her kidney willingly, without pressure from anyone.

### Non-Living Donor

- A non-living donor is someone who has recently died and has donated a healthy kidney.
- Patients who do not have a living donor can be placed on the national organ transplant waiting list to receive a deceased donor kidney.

### Kidney Donor Exchange

- If your kidney donor is approved for a living donation but is not a match with you, you and the donor may be able to join a living donor exchange program.

For more information



### End Stage Renal Disease National Coordinating Center

website: [www.esrdncc.org](http://www.esrdncc.org)

e-mail: [ncc@ncc.esrd.net](mailto:ncc@ncc.esrd.net)

(516) 209-5253



[www.facebook.com/esrd.ncc](http://www.facebook.com/esrd.ncc)



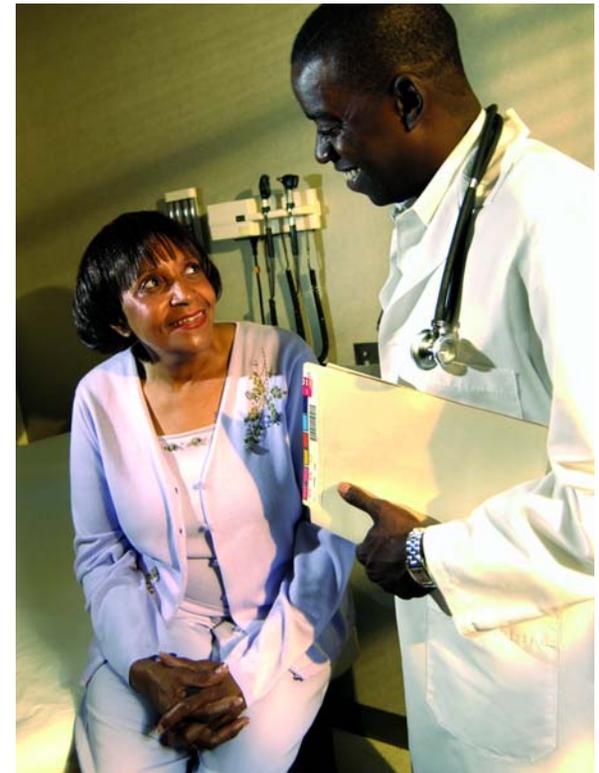
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## Get the Facts: Kidney Transplantation



Learn the facts about getting a kidney transplant and how it might affect you before you make decisions about your treatment.

## What is a kidney transplant?

- A kidney transplant is a surgery in which a person with kidney failure receives a new kidney. The transplanted kidney then cleans your blood in the same way that your kidneys did when they were healthy.
- The new kidney comes from another person. Only one kidney is transplanted. A person can live a healthy life with only one working kidney.
- Kidney transplant is one of your treatment options. It is not a total cure for kidney failure.
- Not everyone can receive a transplant.

## What do I need to know about getting a kidney transplant?

- Your medical practitioner will send you to a transplant center. You will be evaluated by a transplant team to make sure you are a good prospect for a kidney transplant.
- You must be healthy enough to have the surgery. You must also be able to take the medications which help your body accept the new kidney.
- Talk to your care team to learn more about how to start the process for a transplant referral and evaluation.
- Donor kidneys come from living donors and non-living donors. A non-living donor is a person who has recently passed away but has donated a healthy kidney. A living donor could be anyone who is a match to you and wants to donate.

- The donor kidney must match the blood and tissue types of the person who is to receive the kidney.
- More people need donor kidneys than there are kidneys available. There is a waiting list for kidneys from non-living donors. You can be on more than one waiting list, even one in a different state, if you are able to travel.

## How will my life change after I get a transplant?

- Once you receive a transplant, you will need to see your care team on a regular basis.
- You will have to take kidney medications for as long as your new kidney lasts.
- Your diet may change after you receive a transplant. Talk to your dietitian for more information.

## How will I pay for my kidney transplant?

- Medicare typically covers 80% of the costs if the transplant is done in a hospital approved by Medicare to do kidney transplants. Coverage by private insurers varies.
- Your transplant team will talk to you about the possibility of your body rejecting the transplanted kidney. Part of the cost of anti-rejection medicines may not be covered. These may be expensive.
- A transplant social worker or financial advisor will work with you to determine how your costs will be covered.

## What are some outcomes of a kidney transplant?

- Your overall health and quality of life will likely improve.
- You may be less tired and have more energy.
- You have more freedom because you no longer need dialysis.

## What are some things I should consider about having a kidney transplant?

- With any surgery, there are possible complications. This is true for transplant surgery as well. Speak to your transplant care team.
- There is a risk that your body may reject the kidney. Talk with your transplant care team about possible risks.
- You will have to take anti-rejection medications daily after a kidney transplant. They may have side effects.

The following organizations provide resources and additional information about kidney transplantation:

**United Network for Organ Sharing**  
[www.unos.org](http://www.unos.org)

**National Institute of Diabetes and Digestive and Kidney Diseases**  
[www.niddk.nih.gov](http://www.niddk.nih.gov)