

# Potential Donor FAQ:

## STEP 1.

### Get your questions answered:

#### **I'm already in. How do I get started?**

First by filling out this survey. You'll need his name and birthday: Christian Eby. 07/27/1993

<https://ucealth.donorscreen.org/register/donate-kidney>

From there his transplant team will assess the survey to see if you're eligible for further evaluation. The evaluation typically includes phone interviews and lab tests. The transplant center requires these tests to ensure the person who wishes to donate is healthy enough to do so.

Feel free to reach out to me personally! I'd love to get to know people who wanna help me :)

Email: [kidney4christian@gmail.com](mailto:kidney4christian@gmail.com)

#### **Why is a LIVING DONATION so important?**

- THE RECIPIENT CAN QUIT DIALYSIS HALLELUJAH
- The kidney can last two times longer than a deceased donor kidney (deceased 10 years vs. living 20-40 years)
- The recipient will have a shorter wait time, a deceased donation is slated for years of wait time - The sooner the surgery the better life expectancy for the recipient.
- The surgery is scheduled when it works best for the donor and recipient, and recovery is easier
- The recipient receives a great kidney, and the best match

#### **How long does it take to recover from living kidney donation?**

Donors can leave the hospital two days after donation. Everyone recovers at their own pace. Most donors return to their regular lifestyle by six weeks after donation.

#### **What are the costs for a living donor?**

All expenses including the donor's evaluation and surgery, are paid by the recipient's insurance.

A donor will need time off from work. There is a program for aid that is dependent on the recipient's income- will cover plane tickets, hotel stays and a visa for food etc.

#### **Can I drink alcohol post donation?**

Yes! If you're a heavy drinker, be sure to notify the physicians involved with the transplant. In any case, stop drinking when your medical team tells you to and don't resume until after

recovery (at most 6 weeks). Once you've been given clearance, moderate alcohol consumption is perfectly acceptable. Same thing with smoking.

### **Do we have to have the same blood type?**

No, not necessarily. If the potential donor is not a match for the recipient they can still save the recipient —just not directly. This is accomplished through a Paired Exchange Program.

In essence - two pairs (a needy recipient and a donor switch with another needy recipient and donor for a win-win scenario)

In Paired Exchange, a computer algorithm is used to find a better match for incompatible groupings. That being said - To qualify as a kidney donor, you must be physically fit, in good general health, and free from high blood pressure, diabetes, cancer, kidney disease and heart disease.

### **What if i have a medical condition and don't know if I can donate?**

The BEST way to find out is by filling out the survey and let Christian's transplant team decide. Here is the Link. You'll need his name and birthday: Christian Eby, 07/27/1993

<https://uhealth.donorscreen.org/register/donate-kidney>

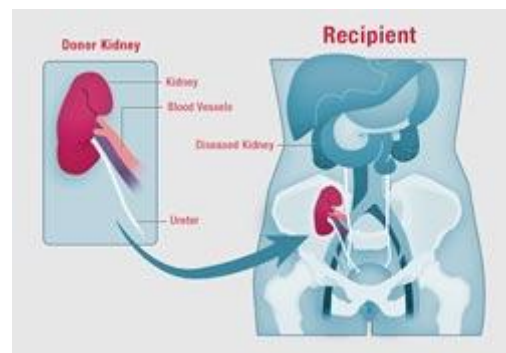
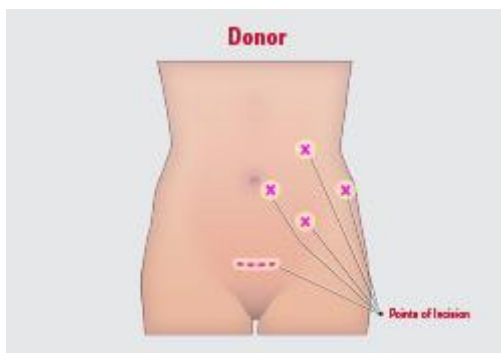
### **What is the follow-up care post recovery?**

Once cleared by the surgeon the follow up consists of blood work (paid for by recipient's insurance) at 6 months post surgery, 12 months, then 24 months. Follow ups with the Nurse practitioner or surgeon are done remotely at year 1 and year 2 based on the hospital and program.

### **Where will the incision be for surgery?**

There are two types of donor surgeries: laparoscopic and open. **For a surgery without scars,** doctors may do the donor surgery through the navel. Almost all donor surgeries (>99%) are done with the laparoscopic method where a few tiny incisions (5-10 mm) are made and a camera and instruments are inserted.

The kidney is removed through a small incision at the pant line. The surgery takes about three hours. The donor often goes home two days after surgery.



A few tiny incisions (5-10 mm, or less than 1/2 inch) are made and a camera and surgical instruments are inserted. The kidney is removed through a small incision at the pant line. They can remove the left or right kidney for donation, but usually the left kidney will be removed. For a surgery without scars, doctors may do the donor surgery through the navel.

Once the donor kidney is removed, it is taken to where the recipient is, and placed into the recipient. A donor can live well with one kidney, and the recipient will have better health with their new kidney.

### **I have a question that isn't on this Sheet. How do I find the answer?**

Let Christian know so he can find the answer for you! This campaign means so much to him - so giving the absolute BEST effort to his donor is priority number one. Email : kidney4christian@gmail.com

### **What is typically prescribed pre and post surgery? How does this work with insurance? Who administers meds? Does any part pre or post impact my insurance claims or costs?**

Stool softener pre and post. Pain medication as needed- mostly used in the hospital post surgery but taken as needed once home. Recipient's insurance takes care of all meds and surgery costs as well as any follow up. In the case of complications it is covered as well through the hospital even up to 90 day's post surgery.

### **Any lifestyle changes? Long term impacts? Will I feel different or be limited in what I can do?**

*"The most notable change expressed by most living kidney donors comes in the form of the perpetual joy they feel for achieving such an extraordinary triumph "*

During recovery there is a 6 week no weight lifting restriction. Walking is a suitable replacement for exercise. Nominal caution is to be taken for future healthcare and procedures that are processed through the kidney (ex: taking Tylenol instead of Advil).

## **STEP 2**

### **Take Action.**

This is a big decision that will leave a lasting feeling of fulfillment and gratitude. It takes 6 weeks, and a bit of courage and just like that - you have changed someone's life for the better forever.

## Great articles and resources.

[Is It Dangerous to Donate a Kidney?](#)

<https://www.ucsfhealth.org/education/faq-living-kidney-donor#3>

[Living Donor Champion program](#)

[Top Twelve Questions on Living Kidney Donation](#)