



TRANSPLANT CENTER

| Living Donor Program

BARNES-JEWISH HOSPITAL

WASHINGTON UNIVERSITY PHYSICIANS

The Gift of Life

The decision to become a living kidney donor is an important and courageous one. If you are thinking about donating a kidney, we invite you to learn about the Living Donor Program at the Washington University and Barnes-Jewish Transplant Center.

Some facts about kidney transplant and living donors

There are at least 100,000 people in the United States who need kidney transplants. Most of these people will wait an average of three to five years before receiving a donor kidney; some will wait nearly twice as long. And the number of people joining the wait list every year far exceeds the number of organs available, the majority of which come from deceased donors.

But there is another option available to those who wait—and their families. A living donor—someone who chooses to donate a healthy kidney through voluntary surgery—can help relieve what often is a long and difficult wait for someone in need. A living donor may give a kidney to a relative, loved one or friend. Or the donor may choose to remain anonymous, making a gift to a stranger.

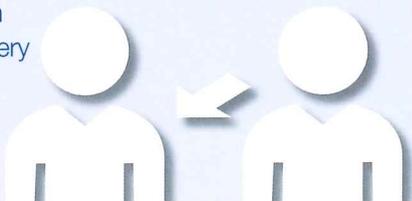
A person who receives a kidney from a living donor may live twice as long as someone who receives a kidney from a deceased donor. And a kidney from a living donor also means a shorter hospital stay after transplant—and fewer complications.

We're here to help

The Washington University and Barnes-Jewish Transplant Center is a pioneer in organ transplantation, and our kidney transplant program is the largest in the Midwest.

If you choose to become a **living donor**, your gift will make a big difference in the life of the person who needs a new kidney. Your decision will:

- Decrease the amount of time the recipient must wait for transplant surgery
- Decrease the amount of time the recipient will be hospitalized after transplant surgery
- Decrease the recipient's risk of potential problems after transplant surgery
- Increase the number of years the recipient will benefit from transplant surgery



Reduced length of stay for living donors because of our Enhanced Recovery After Surgery (ERAS) protocols.



Pioneered the mini-nephrectomy, a surgical technique that changed how living donor surgeries are performed today.

Evaluate and care for adult living donors for recipients who are patients at our affiliate, St. Louis Children's Hospital.



People who come to Barnes-Jewish Hospital for organ transplantation experience some of the best results in the United States, results that are better than the average* when compared with other transplant programs across the nation.

In addition to taking exceptional care of our transplant patients, we have a special program with a dedicated team of experts for people who are considering living donation. If you are interested, we will offer you accurate and unbiased information. We want you to be well informed and able to make a decision on your own, without pressure.

Should you choose to become a living donor through our transplant center, you will work closely with a nurse coordinator each step of the way. You will also work with a donor advocate, someone who will ensure that you understand the entire process. This specially trained person will be available to you to answer your questions and offer helpful advice. Everyone on our transplant team has your best interest in mind. Your safety and health are our priorities.

If you are thinking about becoming a living donor, you will certainly have lots of questions. Following are answers to some of the questions we hear most often. We hope these help you as you consider your decision.

*SRTR

What are the steps involved in becoming a living donor?

Because the decision to donate a kidney is an important one, you should be free to make it voluntarily, without pressure or guilt. To help ensure your decision is voluntary, we will ask you to undergo a thorough medical and psychosocial evaluation. To become a living donor, you must be in good overall physical and mental health, and you must be older than 18 years of age.

Our evaluation process includes the following steps:

- 1 Complete a health history** questionnaire and some lab work, which looks at your kidney function and checks blood type compatibility with your recipient.
- 2 Have additional testing** which includes lab work and completion of a chest x-ray and an electrocardiogram.
- 3 Have a physical exam** with a kidney specialist and a consultation with a social worker and your independent living donor advocate. You will receive radiology testing that will look at your kidney anatomy. Additional compatibility screening will also be completed.

You can complete the first two steps at a medical center of your choice. The final step must be completed at the Washington University and Barnes-Jewish Transplant Center so that our transplant team members can meet you and personally evaluate you as a potential donor.

How long does the evaluation and testing process take?

On average, the process to evaluate you as a donor and to evaluate the recipient takes about six months. However, the amount of time involved in the process, from your initial evaluation and testing to your surgery for donation, depends on a number of factors related to you and to the recipient. If becoming a living donor is an immediate priority for you, or your intended recipient is in great need, you should discuss this with your nurse coordinator. We will do our best to move the process as slowly or as quickly as you would like.

Can more than one living donor be evaluated for a specific recipient?

Any and all people interested in becoming a donor for a friend or loved one are welcome to call the Transplant Center. We are always happy to talk with anyone interested in learning more about being a living donor. However, we will only perform certain evaluation tests, including a CT scan, on one donor at a time.

Can I have my donor testing done at the same time my loved one is being evaluated for transplantation?

Yes. Donor testing can begin at the same time we begin evaluating your desired recipient. However, some tests, including the CT scan, will not be completed until the recipient's name is added to the transplant wait list.



If I don't live in Missouri, can I complete some of the evaluation steps near my home?

Some steps involved in the process can be completed wherever you live, including blood and urine testing, and X-rays. We will want you to travel to St. Louis to meet our transplant team and to have a CT scan. And you will have your donor surgery in St. Louis.

Am I too old to be a living donor?

Although all living donors must be older than 18, there is no other age limit. The thorough evaluation process we will determine whether you are healthy enough to donate and will confirm that you will not experience any short- or long-term risks caused by kidney donation.

What are the risks associated with being a living donor?

Any major surgery involves risks, but the chance of serious complications during donor surgery is extremely low. During donation, we use a minimally invasive procedure that results in a small incision. This kind of surgery means you will experience less pain and will be able to return to your normal life as quickly as possible.

How long will I be in the hospital – and how long before I can return to work?

Recovery varies from person to person. Many living donors can go home within 48 hours after surgery. We will ask you not to lift heavy objects for six to eight weeks after your surgery. If your job does not require heavy lifting, you will likely return to work two to three weeks after surgery.

Will I have to take medication after I donate a kidney?

You may take pain medication and other medications immediately after surgery to help you recover, but you will not need to take long-term medication as a result of your donation.

How much does it cost to be a living donor?

The transplant recipient's insurance will cover the cost of your medical expenses as a donor, including your evaluation, testing, surgery, hospitalization and postoperative visits. The cost of transportation, lodging, childcare and any lost wages are not included in this coverage. However, you may qualify for an assistance program that can help pay for these non-medical expenses. One of our coordinators can help you explore this option.

Does a living donor have to have health insurance?

Even though testing, surgery, and hospitalization are covered by the recipient's insurance, we strongly recommended that you have health insurance, too. This will help protect you if, during your evaluation, we find a medical condition that requires follow-up care. The recipient's insurance will not cover this kind of medical expense.

WHAT IF MY BLOOD TYPE IS NOT COMPATIBLE WITH THE RECIPIENT I'D LIKE TO DONATE TO?

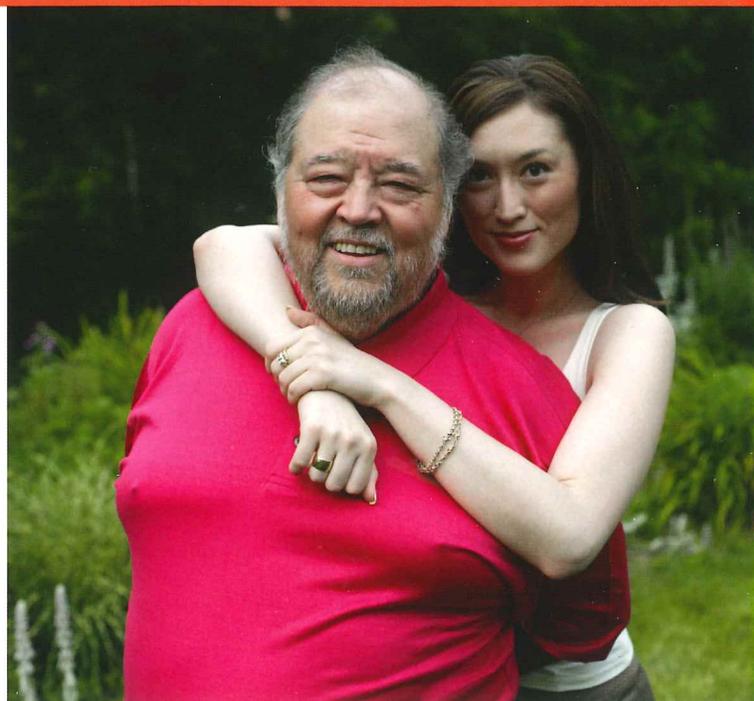
Some donors want to donate a kidney to someone they know, but they may not be a compatible match. If this happens to you, there are still a number of options for donation, including:



Internal Paired Kidney Donation – The incompatible donor and recipient are placed into an exchange program within our center that includes other recipients and donors who do not match. Recipients and donors in this larger group are then matched into compatible pairs that allow for successful transplants.

National Paired Exchange – The incompatible donor and recipient pair are placed into a national exchange program that looks for matched pairs, pairing a compatible donor and recipient from anywhere in the United States. National exchange programs are important for recipients who are hard to match because they provide additional opportunities for matches through a national pool of donors.

Blood Type Incompatible Transplant – This innovative option may allow you to donate your kidney to the person you choose, even if your blood types are not compatible. There are specific criteria that must be met to allow a recipient to undergo this kind of transplant, but nothing changes for the living donor.



Can I be a living donor if I don't know my blood type?

Yes. You don't need to know your blood type before you start the evaluation process. One of the first steps in our evaluation is learning your blood type. And if your blood type does not match your recipient's blood type, you still have donor options available to you.

What if I change my mind?

At any time during the process of donation, you have the right to change your mind and decline to donate. You can also ask to have more time to further consider your decision. Any decision you make concerning your organ donation will always remain confidential.

Can I talk to someone who has been a living donor?

We can arrange for you to talk with someone who has donated a kidney. And if you would like to talk to someone who has had a kidney transplant, we can arrange that, too.

How do I talk to others about donating a kidney to my loved one?

We offer several programs that can help you and your loved one tell your story to other people. If you are interested in learning more, please call us.



CONTACT US

If you have more questions or would like to meet with a staff member:

Call: 800-633-9906, choose option 4

Visit us online: barnesjewish.org/donatelife



KIDNEY TRANSPLANTS BY THE NUMBERS

Largest
**LIVING
DONATION**
program in the region



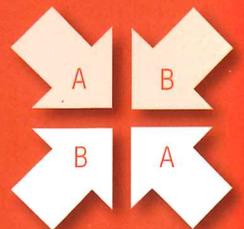
>5,000
Performed



Above Average
National outcomes

240
Average number per year

Participated in the first
pilot national paired
exchange in 2010;
we have participated
in 84 exchanges since.



1/3
From living donors

1963
Program began

Transplant Center



NATIONAL LEADERS IN MEDICINE

Barnes-Jewish Hospital and Washington University Physicians comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 314-747-5682 (TTY: 1-800-735-2966).

注意: 免费提供语言协助服务, 如有需要敬请致电 314-747-5682 (TTY: 1-800-735-2966)。