

## MYTHS AND FACTS ABOUT LIVE DONATION

**MYTH:** Kidney donors must take medication for the rest of their lives.

**FACT:** Generally, donors only need temporary prescriptions for pain control and a stool softener.

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**MYTH:** Kidney donors stay in the hospital for an extended period of time.

**FACT:** Donors are walking the next morning, and most are discharged from the hospital within 2-3 days after transplant.

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**MYTH:** Kidney donors have to follow a new diet and give up certain activities after surgery.

**FACT:** Donors have no dietary restrictions and may return to normal activities about 4-6 weeks after surgery.

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**MYTH:** Female kidney donors should not have children after donation.

**FACT:** Female donors can start trying to get pregnant 12 months after donation.

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**MYTH:** Kidney donors cannot drink alcohol after donation.

**FACT:** Donors can consume alcohol in moderation after donation.

### UAB Kidney Transplant Clinic

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[uabmedicine.org/kidneytransplant](http://uabmedicine.org/kidneytransplant)

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## GET THE FACTS

## KIDNEY TRANSPLANTATION & LIVE DONATION



### COMPREHENSIVE TRANSPLANT INSTITUTE

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**UAB MEDICINE**

The University of Alabama at Birmingham

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## KIDNEY TRANSPLANT PROGRAM

UAB Medicine is one of the three largest kidney transplant centers in the nation, and since 1987 it has performed more kidney transplants than any other program in the nation.

The UAB Kidney Transplant Program is widely recognized for its contributions to the field, including major advances in immunosuppression protocols, research, technology, and surgical techniques. Research by the UAB Kidney Transplant Program seeks to improve long-term health after living kidney donation – particularly among African-Americans – and optimize the integration of HIV-positive kidneys into transplantation.

So far, 214 donors and recipients have taken part in the UAB Kidney Chain, which began in 2013 and is the nation’s longest.

“It takes lives to save lives.”

–Oscar Auliq-Ice

*Author & philanthropist*

## BE A HERO...BECOME A LIVE KIDNEY DONOR

About 93,000 Americans are desperately waiting on a kidney transplant. Someone is added to the waiting list every 10 minutes.

As a living donor, you can give the gift of life and hope to someone in need. Live donors reduce the wait times for patients from years to months. In some cases, live donation allows patients to avoid starting dialysis while reducing the wait time for others in need.

## IF YOU ARE CONSIDERING LIVE DONATION, YOU SHOULD KNOW:

- Many people can live a normal, healthy life with only one kidney.
- Potential donors may stop the process at any time, and their decision is confidential.
- Many people think their own health conditions might prevent them from donating, but often this is not the case. We encourage you to apply and allow our transplant team to determine if you qualify.
- The average hospital stay for live donors is two days. What a small sacrifice to save a life!
- Kidney donors are considered HEROES. The Organ Procurement and Transplantation Network gives priority to people who have been a live donor, if they require a kidney transplant later.

## PATH TO BECOMING A LIVING DONOR

1. Complete the online or telephone screening.
2. The donor team will review your screening and discuss your potential eligibility.
3. A donor coordinator will contact you to share additional information.
4. The transplant assistant will schedule an in-person evaluation at UAB Medicine.
5. The transplant team reviews your evaluation and decides whether you are a candidate for live donation.
6. If you are approved, the transplant team works with you to schedule the surgery.

*\*The results of your evaluation are kept confidential under the Healthcare Insurance Portability and Accountability Act of 1996 (HIPAA), which prohibits sharing your information with the transplant recipient.*

## IF I’M NOT A MATCH, WHAT OPTIONS ARE AVAILABLE?

- A “paired exchange” allows you to donate a kidney to someone in need, while your intended recipient gets a kidney from another healthy donor who is a match.
- Paired exchanges usually occur in pairs, but they could involve multiple donors and recipients.

