

# Let's talk about...

## Donating a kidney to a child

**Undergoing the donor assessment and donating a kidney to a child can be an emotional process. You may feel anxious about whether you will be a suitable donor, or about the surgery itself. Some potential donors find it helpful to talk about the process and their feelings with a person who has experienced it themselves. Most transplant centres will offer one to one peer support or group peer support sessions.**

### Tissue typing and blood group compatibility

A well-matched living donor transplant is the best option for a child in terms of kidney transplantation. Children are likely to need more than one kidney transplant in their lifetime. Therefore, it is important that the kidney they receive is from a well-matched donor. By this we mean a close human leucocyte antigen (HLA), often referred to as 'tissue type' match and blood group compatible. Although it is sometimes possible to have an incompatible transplant from a living donor, it is always preferable to aim for a blood group and the best HLA compatible transplant first. However, if there are no potential donors who are an

ideal match with the child, the UK Living Kidney Sharing Scheme may offer an alternative option to find a better match.

### Social Support

It is important to consider what support will be available to you should you proceed with donation. The recovery period is typically six to twelve weeks and this will impact on your work and family life. If the donor is the parent of the child requiring the transplant it is particularly important to ensure you have adequate family support, both to support the child and other children. Family and friends are often very willing to provide practical and emotional support so do accept any kind offers of assistance. A donor reimbursement scheme is in place throughout the UK to address loss of earnings and donation related expenditure.



### Preparing for the child's post-transplant journey

The first three months will involve very frequent clinic visits and close monitoring of both the function of the transplanted kidney and the general health of your child. The paediatric teams will be there to guide and support you and to advise on how to access any additional support that may be required.

## NOTES

Find out more about living kidney donation, visit  
[www.organdonation.nhs.uk/become-a-living-donor](http://www.organdonation.nhs.uk/become-a-living-donor)  
call 0300 123 23 23 or  
email [enquiries@nhsbt.nhs.uk](mailto:enquiries@nhsbt.nhs.uk)



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ORGAN DONATION