

Let's talk about...

eGFR (estimated Glomerular Filtration Rate)

Living kidney donors undergo extensive testing during their assessment. One of the important tests is an accurate measurement of kidney function, to indicate whether the person who wishes to donate will be left with sufficient function if one kidney is removed. This test is called a measured Glomerular Filtration Rate (GFR). Following donation, there is no need to measure GFR again in a healthy donor. Donors are encouraged to attend an annual appointment for blood and urine tests and a blood pressure measurement.

Studies show that in carefully screened kidney donors, life expectancy and the life-long risk of kidney disease are similar to those in the general population.

Follow up

Donors should be aware that the creatinine level in their blood will be higher and the estimated GFR (eGFR) post-donation will be lower as one kidney is now doing the work of two. This is perfectly normal. The eGFR is calculated from the blood test and is an estimated measure of kidney function. In healthy living kidney donors, the eGFR test can cause confusion post-donation because it normally applies to people with two kidneys.

Most areas in the UK have an alert system, which flags up eGFR of <60mls/min. It is very important that previous kidney donors are NOT included in this group and are informed that they do NOT have chronic kidney disease. Their eGFR is lower due to having a single kidney and their remaining kidney is perfectly healthy.

If a donor develops protein in their urine (proteinuria), high blood pressure or decline in kidney function, they must be seen by a kidney specialist.

Is there data in the UK about kidney function post donation?

NHS Blood and Transplant collects follow up data from all living donors in the UK, and this provides good information about long term donor health and kidney function. It is important for future donors, recipients and health care professionals to know that living kidney donors do well in the longer term.



**For further information on living donation visit:
www.organdonation.nhs.uk/become-a-living-donor**

UK Guidelines for Living Donor Kidney Transplantation

https://bts.org.uk/wp-content/uploads/2018/07/FINAL_LDKT-guidelines_June-2018.pdf

NOTES

Find out more about living kidney donation, visit
www.organdonation.nhs.uk/become-a-living-donor
call **0300 123 23 23** or
email **enquiries@nhsbt.nhs.uk**



Yes I donate
ORGAN DONATION