

# What do these four people have in common?



They have all been willing to donate one of their kidneys during their lifetime to transform someone else's life.

## Living kidney donation



**Yes I donate**  
ORGAN DONATION

## Why is living kidney donation important?

Around 5,000 people in the UK are in need of a kidney transplant to transform their lives. The average waiting time for a kidney transplant from someone who has died is more than two and a half years. For some ethnic groups and people for whom it is difficult to find a compatible donor, the wait is even longer. Sadly, some people die waiting.

While most transplant recipients receive an organ from a deceased donor, living kidney donors make 1 in 3 kidney transplants possible across the UK.

Over 800 people have donated a kidney anonymously during their life to someone on the National Transplant list, alongside the many thousands who have donated to a family relative or friend.



Celia: "It seemed to me that as a fit and healthy person, I could give my spare kidney to someone who could then have a more normal life, away from the tyranny of dialysis. It didn't matter to me that the recipient was unknown. It was a very satisfying experience and I'm thrilled to have been able to donate."

Celia donated a kidney to someone in need in 2015.

## Can I volunteer to be a living kidney donor?

Any adult over the age of 18 (over 16 in Scotland) can volunteer to be considered as a living kidney donor. You will undergo a series of medical tests to check that you are fit and healthy enough to donate.

## What do I need to do to transform a life?

You could donate a kidney during your lifetime to someone you love, a friend, relative or even someone you don't know. To find out more information about living kidney donation, visit:

**[organdonation.nhs.uk/livingdonation](https://organdonation.nhs.uk/livingdonation)**

If you cannot find the information you are looking for on our website, please contact us:

By Email: **[enquiries@nhsbt.nhs.uk](mailto:enquiries@nhsbt.nhs.uk)**

By Phone: **0300 123 23 23**

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