

## Organ Donation – the facts

On average, someone dies every day waiting for a transplant because of a shortage of people donating.



Right now there are around **7,000 people** waiting for a transplant across the UK and many more waiting for a tissue transplant.



**One donor can save up to nine lives** from organ donation, and even more by donating tissue.

**Only 1% of people** die in circumstances where they could be organ donors, so every potential donor is precious. Almost anyone can be a cornea and tissue donor.

Age, illnesses or long-term conditions do not prevent you from registering as an organ and tissue donor.

Healthcare professionals have a duty of care to save your life first. Only when end of life care planning is started is the NHS Organ Donor Register accessed by a specialist nurse for organ donation.



## Additional information

The quickest way to record or amend your organ donation decision is by visiting our website [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) or by calling us on **0300 123 23 23**. It may take a few days to process your postal registration after we receive it.

In England, you can also record or amend your decision in real time via the NHS App.

Alternatively, you can write to us, including your full name, date of birth and address at:

**Freepost RRZK-SHUX-SBCK,  
NHS Blood and Transplant,  
Fox Den Road, Stoke Gifford,  
Bristol BS34 8RR**

If you would like to nominate a representative, download the form from [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk), or write to us at the address above and we will post a form to you.

Whatever you decide, it is still your choice whether or not to be an organ donor. It's also important to tell your loved ones so that they can support your donation decision.



**@nhsorgandonor**



## Becoming an organ and tissue donor

**How you can give the gift of life after you die**



## What is organ and tissue donation?

Organ donation is the gift of an organ to help someone who needs a transplant. Thousands of lives in the UK are saved or improved each year by organ transplants. Organs that can be donated from people who have died include:

- heart
- lungs
- kidneys
- pancreas
- liver
- small bowel

Corneas can also be donated and help to restore people's sight to help people see again. Tissues such as heart valves save the lives of children and babies needing heart surgery, and adults with damaged heart valves. Bone can help people undergoing hip replacement operations and skin can help treat burns.

## Your organs and tissue, your choice...

You can choose, at any time, whether you want to be an organ and tissue donor when you die. It's important to share your decision as your family will be expected to support it.

### You can:

- **Register to be a donor**  
Choose to donate some or all of your organs and tissues in the event of your death.
- **Register not to be a donor**  
Opt out of all organ and tissue donation.
- **Change or amend**  
Update your details or donation choice from a previous registration.
- **Nominate someone to make the decision for you**  
This can be any person you trust to make the decision and means this specific person will be approached and asked if your organs can be donated. Examples of nominated representatives include your GP, a Faith Leader or a friend. Please see 'additional information'.
- **Withdraw from the register**  
We understand that you may want to be removed from the register. If you withdraw from the register, the NHS will not have a decision about organ donation recorded for you. In England, Wales and Scotland this means you may become a donor through deemed consent, due to the organ donation laws in those countries.

To find out more and record your decision

Visit [organdonation.nhs.uk](https://organdonation.nhs.uk) or the NHS App in England

## What is the NHS Organ Donor Register?

The NHS Organ Donor Register is a confidential and secure database where you can record your organ and tissue donation decision, stating whether or not you want to donate your organs and tissue when you die. If organ donation becomes a possibility, specialist nurses will consult the register to see if a person has recorded an organ donation decision.

## Please make and share your organ and tissue donation decision

Families will always be involved before organ and tissue donation goes ahead and will be expected to support the decision you make. Talk about it with your family and friends so that they know your decision and you know theirs.

Families find it easier to support organ donation when they already know what their relative wanted. Give your family certainty by adding your name to the NHS Organ Donor Register and letting them know your decision.

If you can't find what you need online or are still unsure, you can call the Organ Donor Line on **0300 123 23 23**

If you are hard of hearing, please use our text relay service: **18001 0300 1232323**

Text us on **07860 034 343**

## Why is it important that you share your organ donation decision?

Your family will be expected to support your decision if you die in circumstances where you could donate.

Your family are always consulted and there are a number of reasons for this:

- Out of consideration to your family
- Your family may have more current information about your donation decision than any other recorded on the NHS Organ Donor Register
- If you want to donate, your family can tell us about any particular requests or requirements you have, to ensure that organ donation goes ahead in line with your faith or beliefs
- The information your family provides would help ensure your organs are safe for others to receive

Your family will be expected to support your decision. If you do not have close family and friends, or prefer someone else to be involved on your behalf, you have the option to use the NHS Organ Donor Register to nominate a representative. Please see 'additional information'.

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## Will your faith or beliefs be respected?

**Yes.** Our specialist nurses always take a personalised approach to discussions with families to address any questions they may have about how your faith or beliefs would be respected before, during or after the donation process.

If you choose to register as an organ donor, you can state whether you want the NHS to speak to your family and anyone else appropriate about

organ donation in line with your faith or beliefs. Our specialist nurses will be able to see whether you have answered this question when looking up your record on the NHS Organ Donor Register.

Find out more about how your faith or beliefs will be respected.

Visit [organdonation.nhs.uk](https://organdonation.nhs.uk)

## Meet Katrina

Katrina suffered sudden kidney failure from an unknown cause that led to her needing a lifesaving transplant.

She remembers a particular poignant moment in hospital, after receiving her call for the transplant.

*"I was talking to the nurse, and I turned just as the kidney went past. I burst into tears because up until then it was still hypothetical."*

*"I was so overwhelmed and felt very emotional; very mixed emotions of gratitude and sadness for the donor's family."*

Since receiving her transplant Katrina has become a mum to her "miracle baby" – a daughter she thought her unexplained illness would deny her.



*"I want to live the best and fullest life I can and for me that includes having a family. My donor couldn't have a family and in a way it's honouring him too."*

*"I'm so thankful to my donor and their family."*