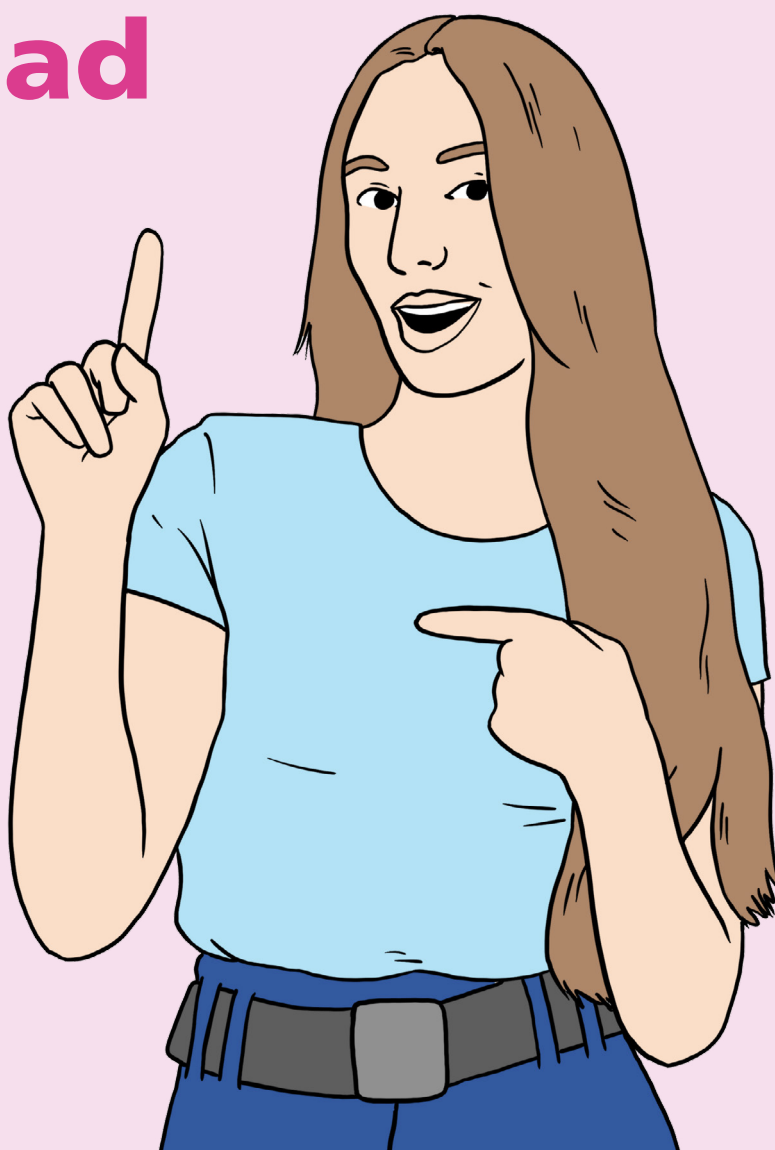


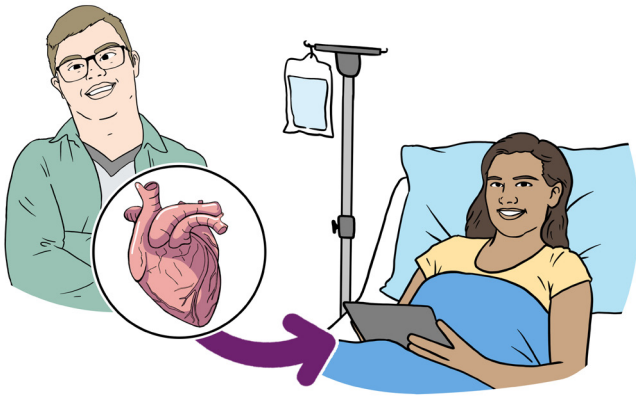
# Becoming an organ and tissue donor

## easy read

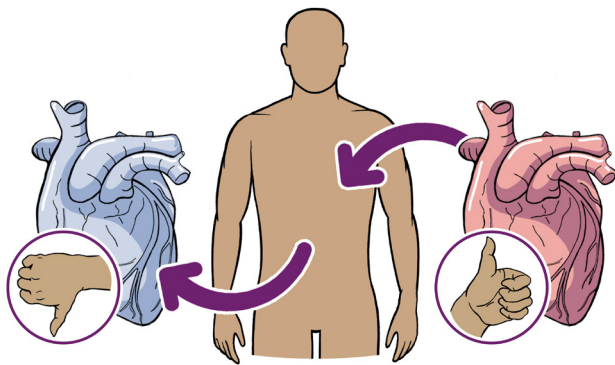


**Yes I donate**  
ORGAN DONATION

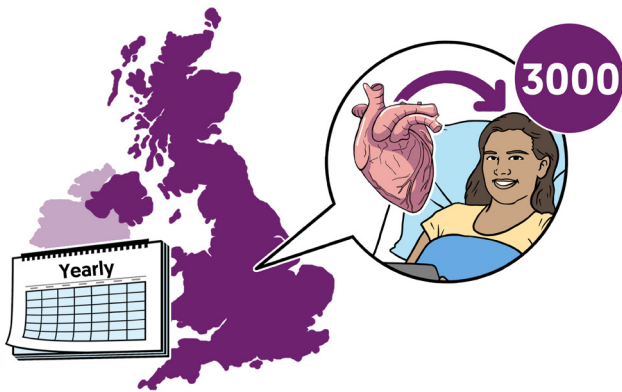
# What is organ and tissue donation?



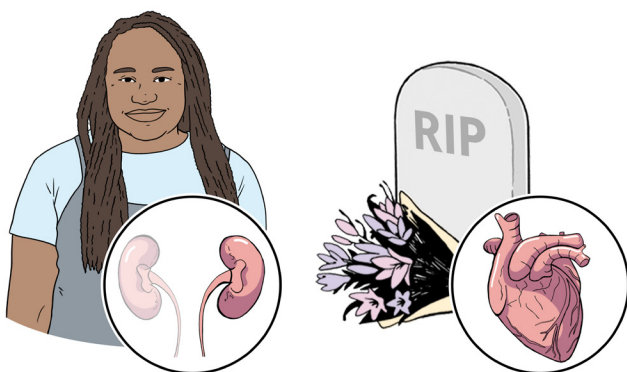
Organ donation is when you give an organ to help someone who needs a **transplant**.



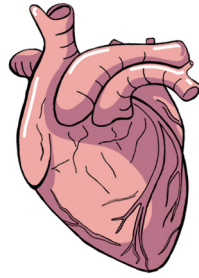
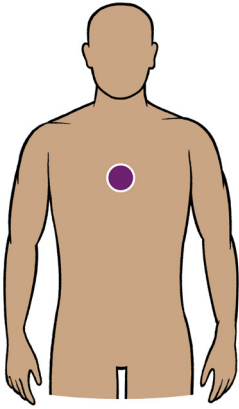
A **transplant** is when an unhealthy organ is removed from the body by doctors and replaced with a healthy one.



More than 3000 lives in the UK are saved or improved each year by organ transplants.



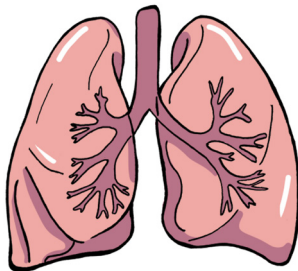
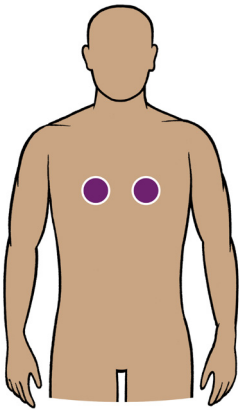
Some organs can be donated when a person is alive, and some organs can be donated after they have died.



Organs that can be donated from people who have died include:

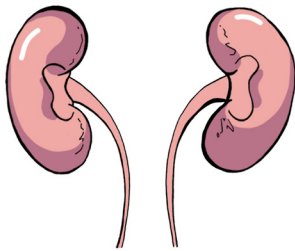
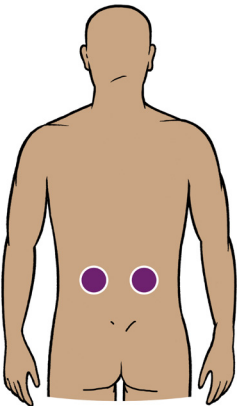
### ♥ Heart

This is in your chest and pumps blood around your body.



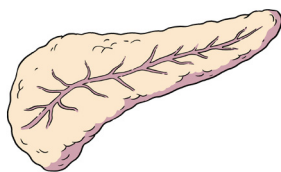
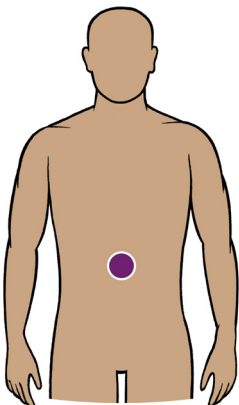
### ♥ Lungs

These are in your chest and are where you breathe air in and out from.



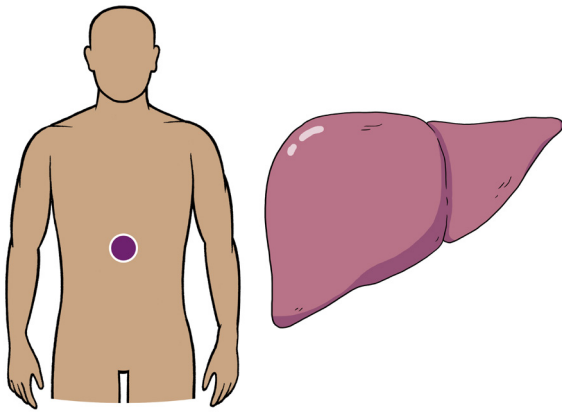
### ♥ Kidneys

These are in your back just under your ribs. They help to clean your blood.



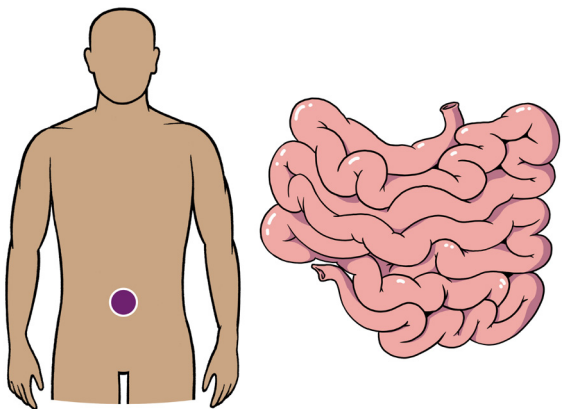
### ♥ Pancreas

This is in your stomach and helps you to break down the food that you eat.



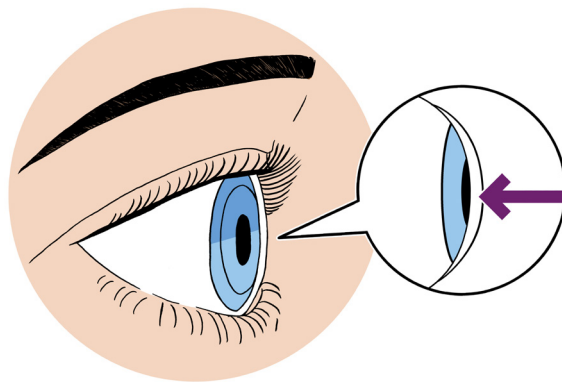
## ♥ Liver

This is at the top of your stomach. It cleans your blood and breaks down bad things called **toxins**.

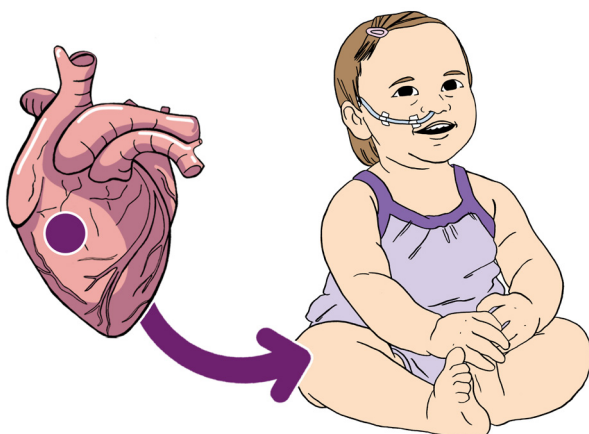


## ♥ Small bowel

This is at the bottom of your stomach. It helps you break down food and absorbs things you need, like water.

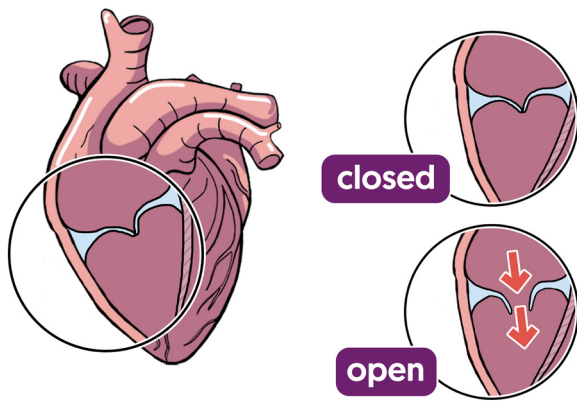


Tissues like **corneas** can be donated to help people see again. **Corneas** are the see through part of your eye that covers your pupil.

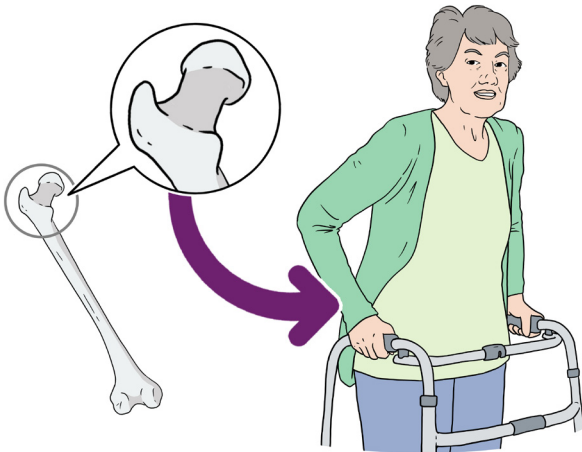


**Heart valves** can be donated to save the lives of children and babies that need heart surgery, and adults with damaged heart valves.

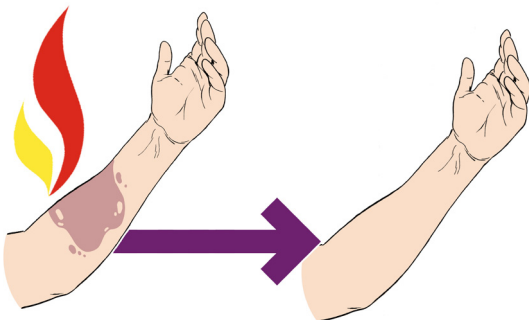




**Heart valves** are parts of your heart that work like doors. They open and close to let blood flow from one part of your heart to another.

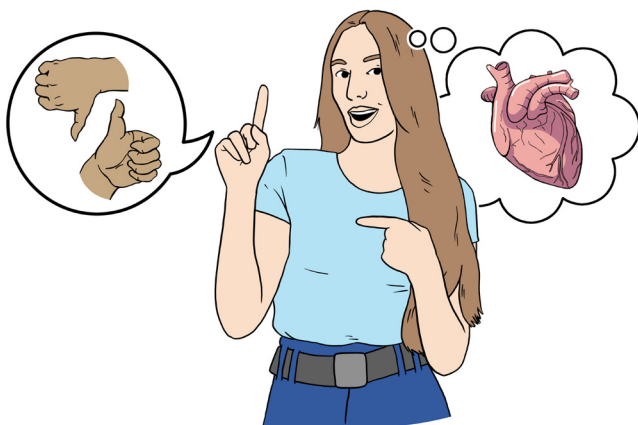


**Bone** can be donated to help people having hip replacement operations.

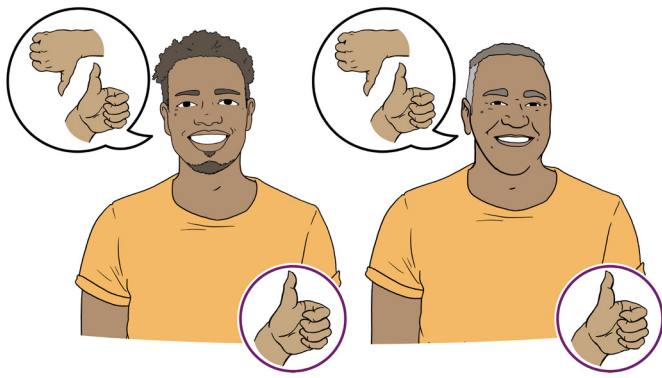


**Skin** can be donated to help treat people with burns.

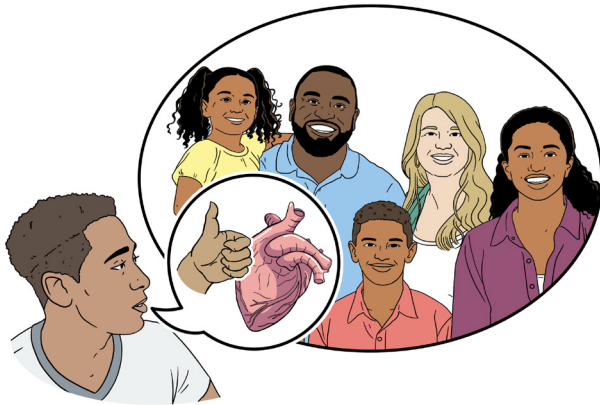
## Your organs and tissue, your choice



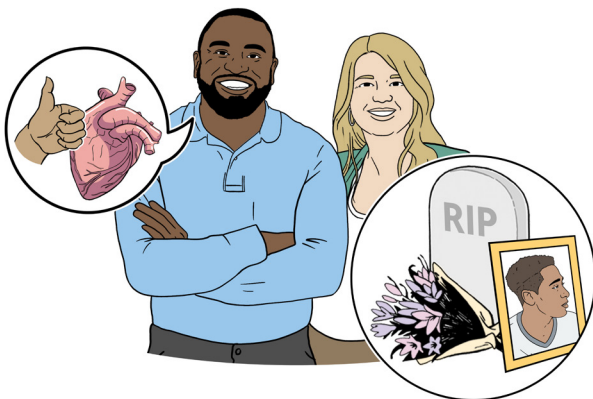
It is your choice if you want to be an organ and tissue donor when you die, or not.



You can make this choice at any time in your life.

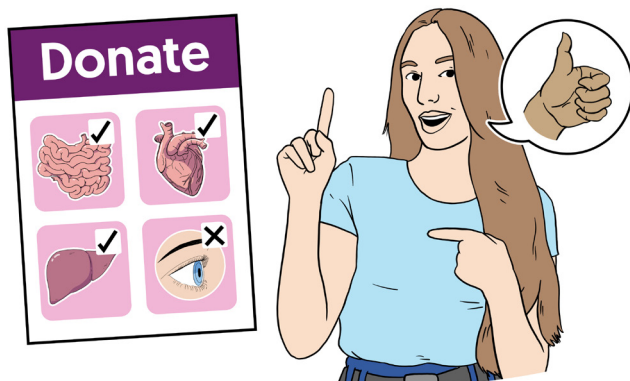


It is important to share your decision with your friends and family.



They will be expected to support this decision when you die.

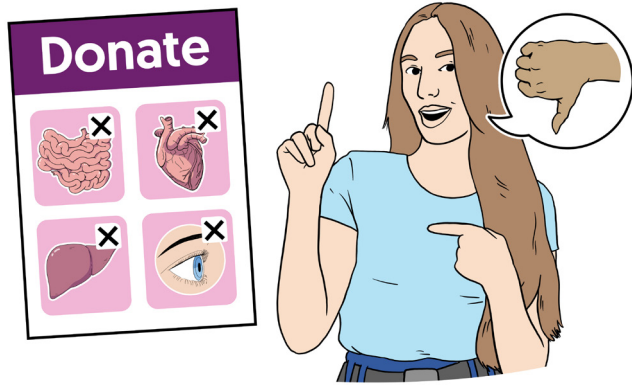
## Your choices



You can:

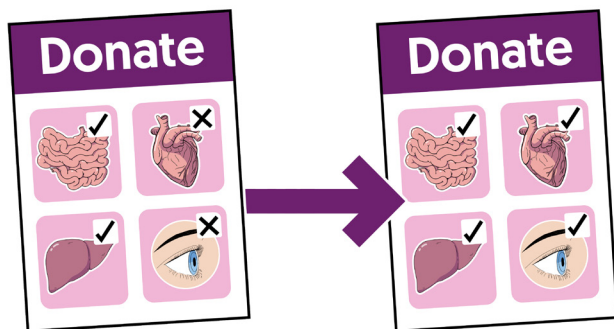
### ♥ Register to be a donor

Choose to donate some or all of your organs and tissues when you die.



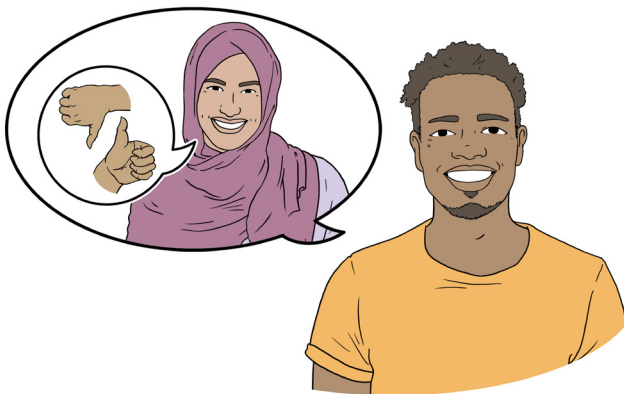
## ♥ Register not to be a donor

Choose not to donate any organs or tissues.



## ♥ Change or correct

Update your details or change what organs and tissues you want to donate.

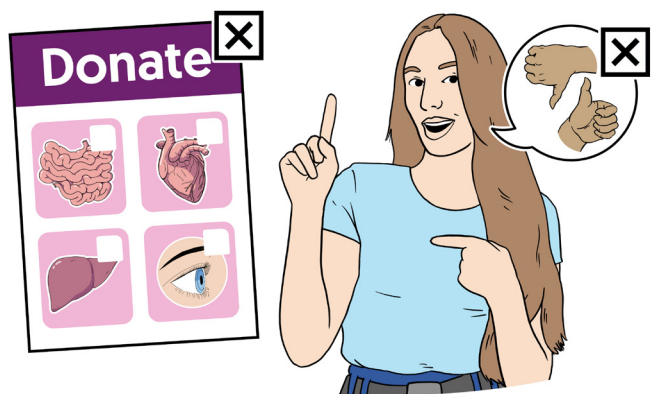


## ♥ Choose someone to make the decision for you

Choose a person you trust to make the decision. After you die, this person will be asked if your organs can be donated.

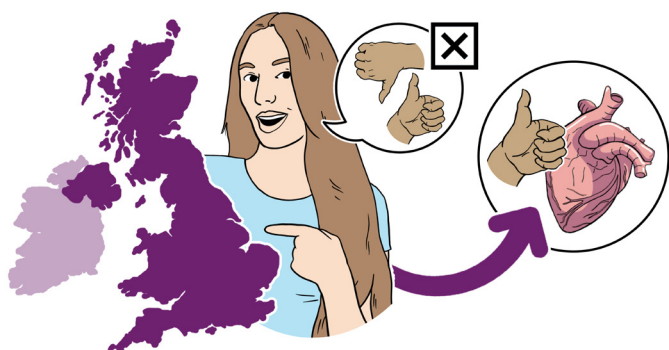


The person you choose can be a friend or family member. Or anyone you trust such as your doctor, or a religious or faith leader.



## ♥ Withdraw from the register

Be removed from the register.  
This means the NHS will not have your decision about being an organ or tissue donor.



If you are not on the register you may still become a donor through **deemed consent** in England, Wales and Scotland, and in Northern Ireland from June 2023.



**Deemed consent** means that if your decision is not on the organ donor register, then they will assume you were not against donating your organs.

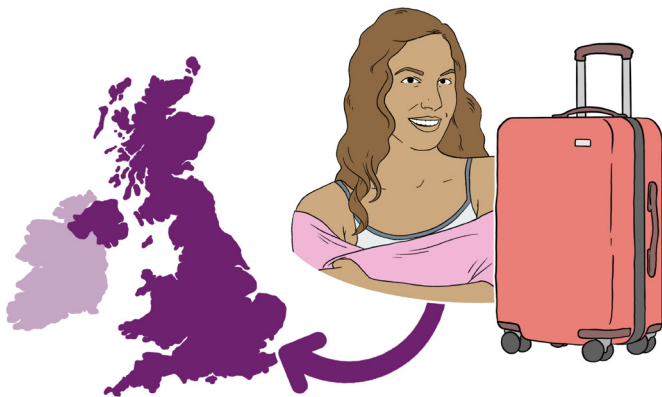


Some people can not become a donor through **deemed consent**. These are:

♥ People under the age of 18



♥ People who do not have **mental capacity**. This means someone who can not make decisions for themselves.



♥ Visitors to England, Wales, Scotland, and Northern Ireland that do not live here.



♥ People who have lived in England, Wales, Scotland, and Northern Ireland for less than 12 months before their death.



To find out more and to add your name and decision to the register visit:

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

Or use the NHS app in England.



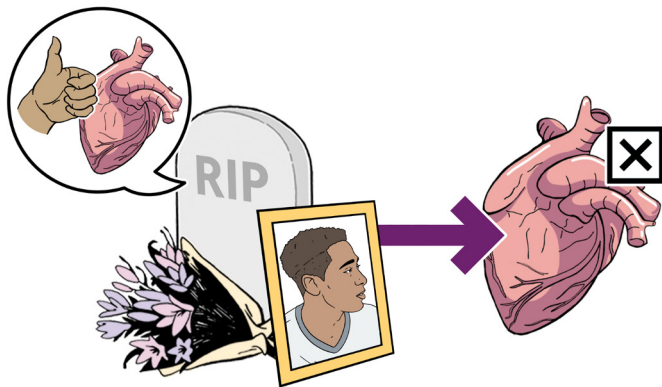
# What is the NHS Organ Donor Register?



The NHS Organ Donor Register is where the details of everyone who has registered a decision about organ donation are kept.



The register is **confidential**. This means that your information will be kept safe and will only be seen by people who need to access the register, like healthcare professionals.



Organ donation is not always possible when you die.



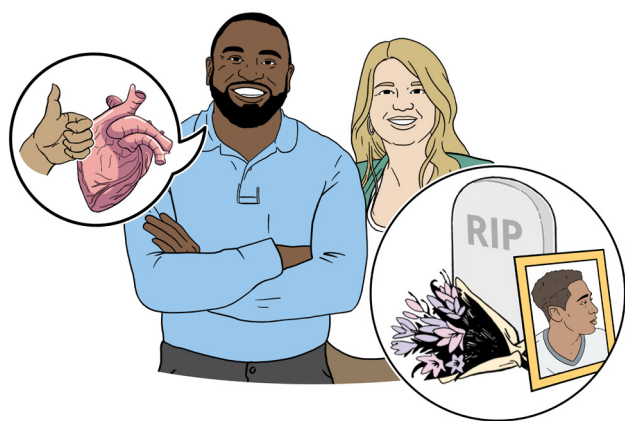
If organ donation is possible when you die, specialist nurses will look to see if your organ donation decision is on the register.



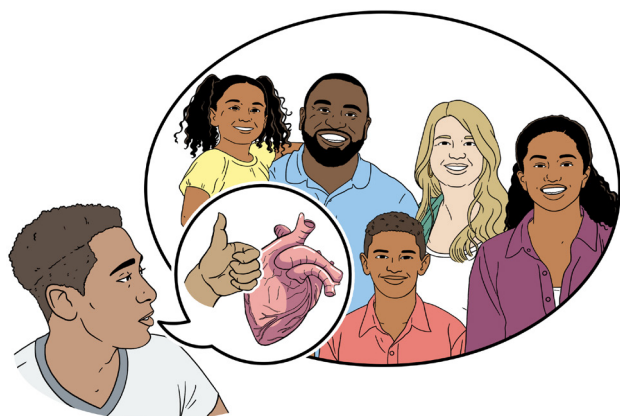
## Share your organ and tissue donation decision



A specialist nurse will talk to your family, or the person you chose, before organ and tissue donation happens.



They will be expected to support the decision you have made.



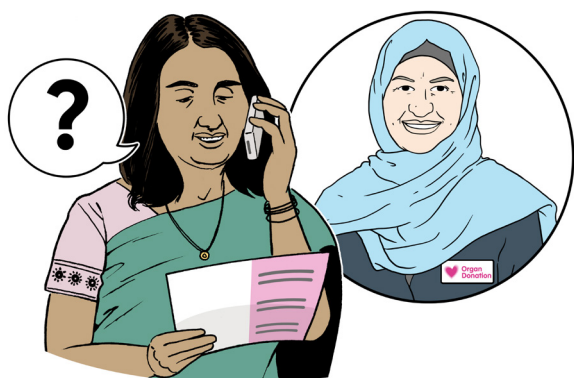
You should talk about your decision with family and friends so that they know how you feel and you know how they feel.



Families find it easier to support organ donation when they already know what their family member wanted.



You can make sure your family know what you want by adding your decision to the NHS Organ Donor Register and talking to them about your decision.



If you need help and can not find what you need online, you can call the Organ Donor Line on:

**0300 123 23 23**



If you have problems with hearing, or you are deaf, please use our text relay service on:

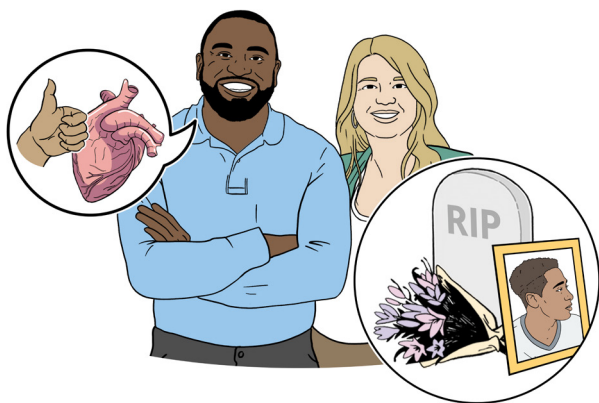
**18001 0300 1232323**



Or text us on:

**07860 034 343**

# Why is it important to share your decision?



Your family will be expected to support your decision if you die and it is possible for you to donate organs or tissue.



A specialist nurse will talk to your family before organ and tissue donation happens.

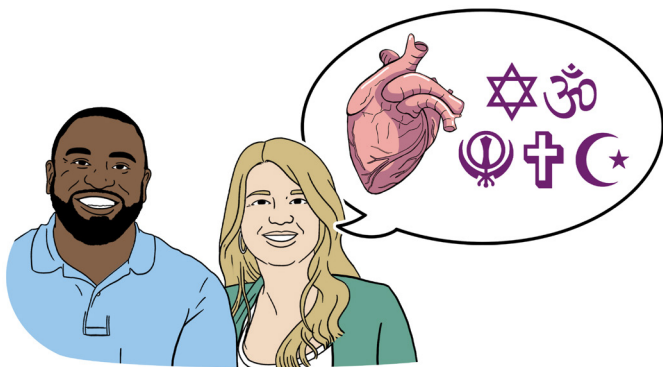


This is done because:

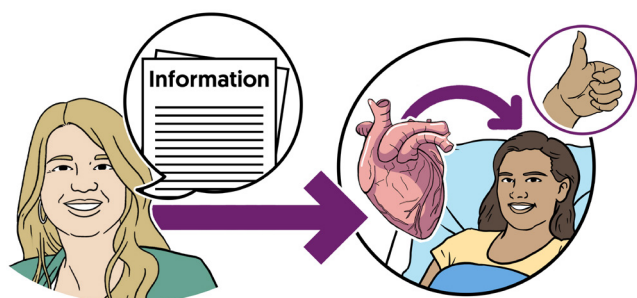
♥ We want to respect your family's feelings.



♥ Your family may have newer information about your donation decision than the NHS Organ Donor Register.



♥ If you want to donate, your family can tell us about anything you wanted, to make sure that organ donation is done in line with your religion or beliefs.



♥ The information your family gives can help make sure that your organs are safe for other people.



If you do not have close family and friends you can use the NHS Organ Donor Register to choose someone to **represent** you. This means a specialist nurse will speak to them after your death.



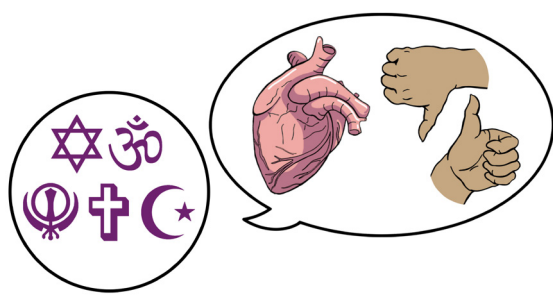
You can also choose someone to represent you if you do have close family and friends, but would still like someone else to make the decision for you.



## Will your religion or beliefs be respected?



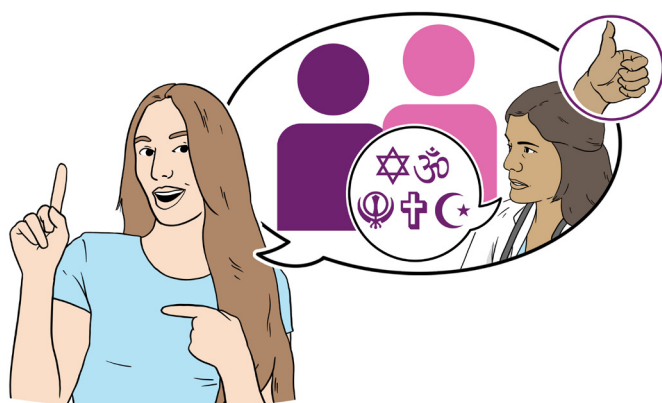
Our specialist nurses will talk with families and try to answer any questions they may have about how your religion or beliefs would be respected.



This means making sure that organ donation does not go against your religion or beliefs.



And following the guidelines your religion or belief has about organ donation.



If you choose to register as an organ donor, you can say if you want the NHS to speak to your family, and anyone else, about organ donation and your religion or beliefs.



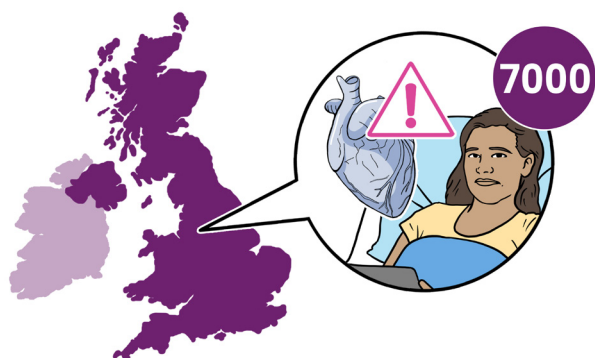
Our specialist nurses will be able to see if you have answered this question when looking up your record on the NHS Organ Donor Register.



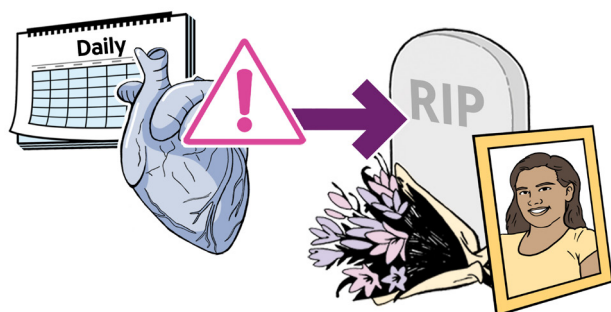
To find out more about how your religion or beliefs will be respected, you can visit:

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

## Facts about organ donation

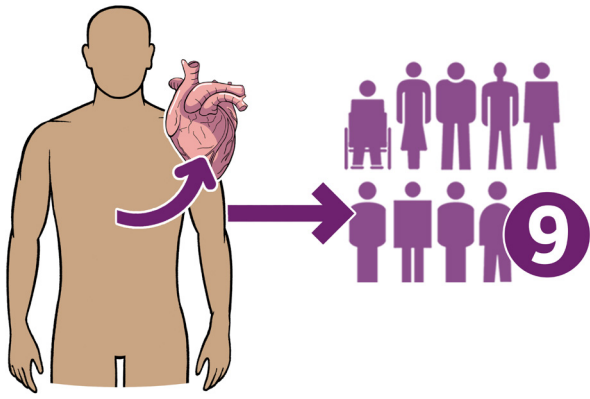


There are around 7,000 people waiting for a transplant in the UK.



On average, someone dies every day waiting for a transplant because there are not enough people donating.





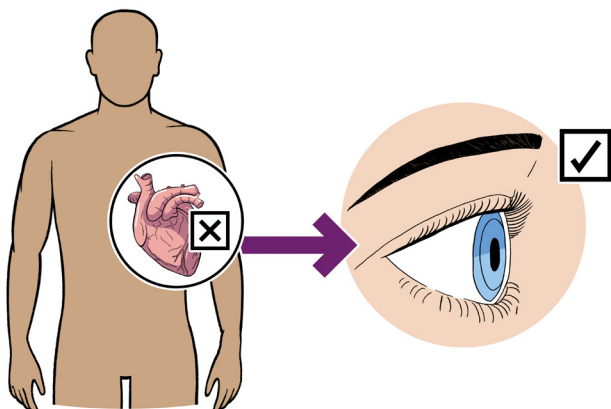
One donor can save up to nine lives from organ donation, and even more by donating tissue.



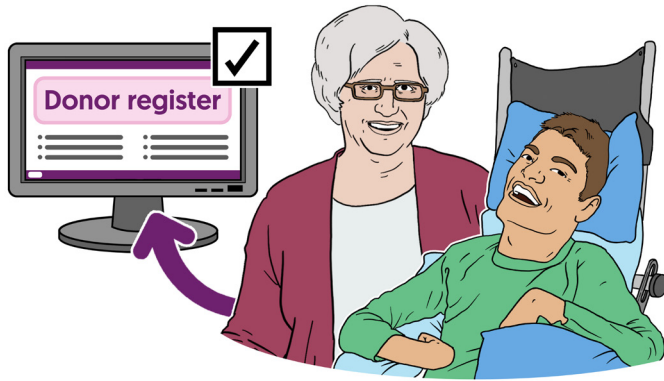
Only a very small amount of people die in a way where it is possible for them to be organ donors.



So the more people who register as donors, the better chance we have of organ donation being possible.



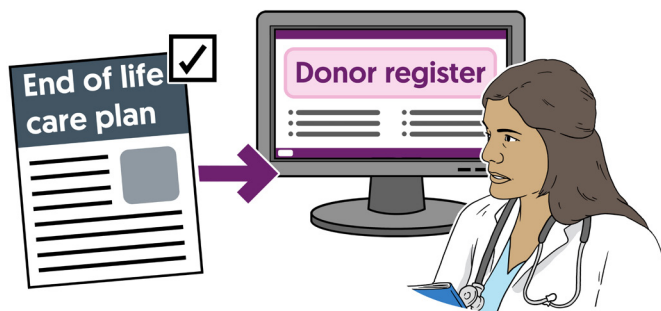
Even if it is not possible for a person to be an organ donor, many can still be cornea and tissue donors.



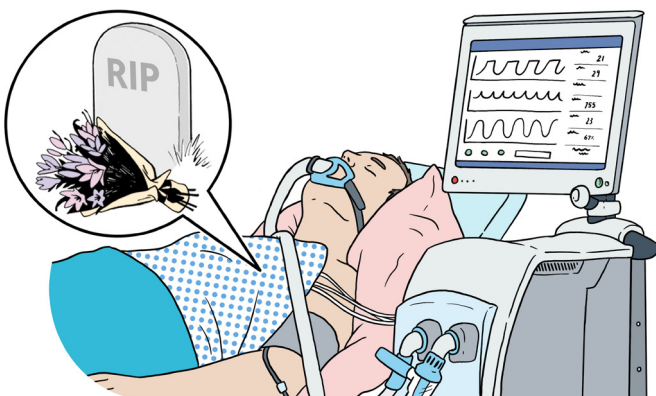
Age, illnesses or long term conditions do not stop you from registering as an organ and tissue donor.



Healthcare professionals will try everything to save your life first, before looking at organ donation.



Only when **end of life care** planning is started will healthcare professionals look into organ donation.



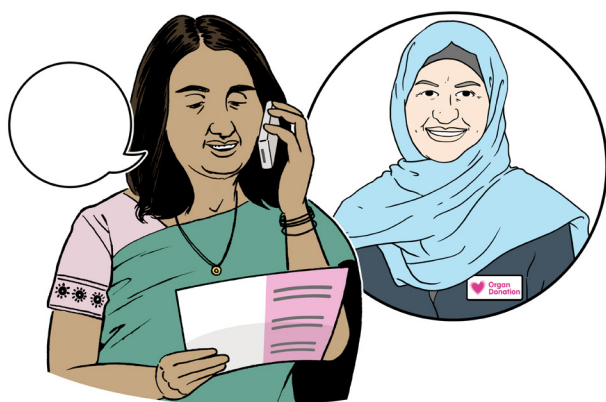
This is when it is certain that you are going to die, or you have already died but machines are keeping your body alive.

## Information



The quickest way to record or change 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**

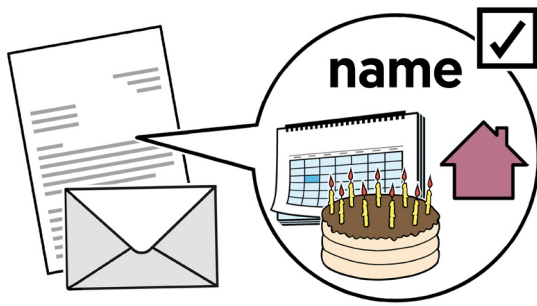


In England, you can also record or change your decision using the NHS on your phone or tablet.

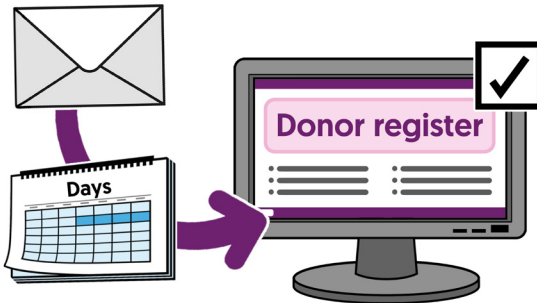


Or you can write to us at:

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



If you write to us please put your full name, date of birth and address in your letter.

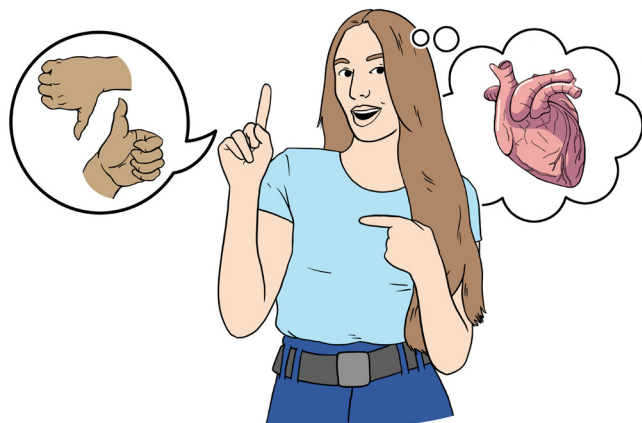


Once we get your letter, it may take a few days for us to update the register with your decision.



If you would like to choose someone to represent you then you can write to us, or you can download the **Appoint a representative** form from:

**[www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)**



It is your choice if you want to be an organ donor or not. And it is important to tell your family and friends about your decision.



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