



**Becoming
a living donor**

**Dod yn
rhoddwr byw**

**How you can transform someone's
life, while you are alive.**

Sut gallwch chi drawsnewid bywyd
rhywun, tra byddwch chi'n fyw.

organdonation.nhs.uk

What is living donation?

Healthy adults can volunteer to donate a kidney, or part of their liver, to help someone in need of a transplant.

You can choose to donate to someone you know, a friend or relative. Alternatively, you can volunteer to donate to someone anonymously on the transplant waiting list.

The best treatment option available for most people with kidney disease is a successful transplant from a living donor. Living donor kidneys usually last longer than those from people who have died.

Visit [organdonation.nhs.uk](https://www.organdonation.nhs.uk) or call us **0300 123 23 23**

Beth mae rhoi organau byw yn ei olygu?

Gall oedolion iach wirfoddoli i roi aren, neu ran o'u hiau/afu i helpu rhywun sydd angen trawsblaniad.

Gallwch ddewis rhoi i rywun rydych chi'n ei adnabod, ffrind neu berthynas. Neu, gallwch wirfoddoli i roi i rywun yn ddienw ar y rhestr aros am drawsblaniad.

Y dewis gorau ar gael o ran triniaeth i'r mwyafrif o bobl sydd â chlefyd yr arenau yw cael aren gan roddwr byw. Mae arenau rhoddwyr byw fel arfer yn para'n hirach na'r rheini gan bobl sydd wedi marw.

Ewch i [organdonation.nhs.uk](https://www.organdonation.nhs.uk) neu ein ffonio ni **0300 123 23 23**

Meet kidney donor Polly



Polly donated one of her kidneys to her brother Richard in 2011 to enable him to have a full life with his family.

Polly said "From a young age my brother had a kidney problem, and I didn't want to see him go through a lifetime of dialysis."

"Our parents instilled in us the importance of family and they would always tell us not to fight with our brother or sister; they will end up being your best friend - they were indeed right."

"Becoming a living donor was an amazing and profound experience. To be able to give the gift of life was truly an honour and one I think more people, particularly from Black and Asian communities, should consider."



Polly and her brother Richard

Polly a'i brawd Richard

Dyma Polly, rhoddwr aren

Rhoddodd Polly un o'i harenau i'w brawd Richard yn 2011 i'w alluogi i gael bywyd llawn gyda'i deulu.

Dyweddodd Polly "Roedd gan fy mrawd broblem arenau ers iddo fod yn hogyn ifanc, a doeddwn i ddim eisiau ei weld yn dioddef dialysis drwy gydol ei oes."

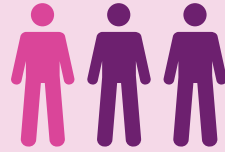
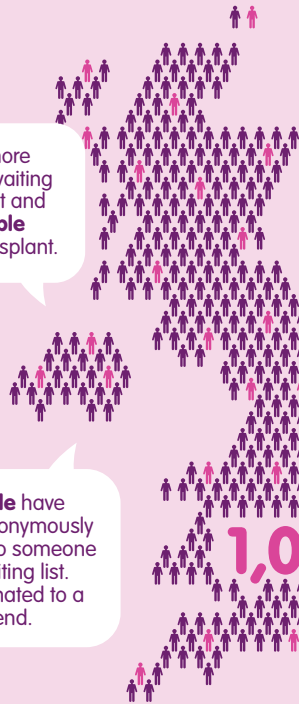
"Roedd ein rhieni wastad yn pwysleisio pwysigrwydd y teulu a bydden nhw bob amser yn dweud wrthyn ni i beidio â ffraeo gyda'n brawd neu'n chwaer; nhw fydd eich ffrind gorau yn y pen draw – ac roedden nhw'n iawn."

"Roedd dod yn rhoddwr byw yn brofiad anhygoel a dwys. Roedd gallu rhoi rhodd o fywyd yn anrhydedd go iawn ac yn un rwy'n credu y dylai mwy o bobl, yn enwedig pobl o gymunedau Du ac Asiaidd, ei ystyried."

Living donation - the facts

In the UK, there are more than **5,000 people** waiting for a kidney transplant and **more than 500 people** waiting for a liver transplant.

Around 1,000 people have donated a kidney anonymously during their lifetime to someone on the transplant waiting list. Many more have donated to a family member or friend.



Most people waiting for a transplant receive an organ from someone who has died. However, living kidney donors make **1 in 3 transplants** possible across the UK.



The average waiting time for a kidney transplant from someone who has died is **around two years**. For some ethnic groups and people for whom it is difficult to find a compatible donor, the wait is even longer.

Rhoi organau byw - y ffeithiau

Yn y DU, mae dros **5,000** o bobl yn aros am drawsblaniad aren a mwy na **500** o bobl yn aros am drawsblaniad iau/afu.

Mae tua 1,000 o bobl wedi rhoi aren yn ddiennw yn ystod eu hoes i rywun ar y rhestr aros am drawsblaniad. Mae llawer mwy wedi rhoi i aelod o'r teulu neu ffrind.



Mae'r rhan fwyaf o bobl sy'n aros am drawsblaniad yn cael organ gan rywun sydd wedi marw. Fodd bynnag, mae rhoddwyr aren byw yn gwneud 1 trawsblaniad o bob 3 yn bosibl ledled y DU.



Ar gyfartaledd mae'n rhaid aros tua dwy flynedd am drawsblaniad aren gan rywun sydd wedi marw. Mae'r amser aros yn hirach fyth i rai grwpiau ethnig a phobl y mae'n anodd dod o hyd i roddwr addas ar eu cyfer.

Can I volunteer to be a living donor?

Any adult over the age of 18 (over 16 in Scotland) can volunteer to be considered as a living donor. There is no upper age limit, as each volunteer is individually assessed.

All volunteers undergo a series of medical tests to check they are fit and healthy enough to donate. Even if you want to donate, not everyone is suitable. Your health and safety is the most important priority.

How do I volunteer?

Whether you wish to donate to someone you know or someone you don't know on the transplant waiting list, please visit our website at organdonation.nhs.uk/livingdonation for more information first.

The next step will be to contact a living donor coordinator in a transplant centre, who can discuss your individual situation with you and help you to decide if you wish to begin the process. The contact details for all transplant centres can be found on our website.

Ydw i'n gallu gwirfoddoli i fod yn rhoddwr byw?

Mae unrhyw un dros 18 oed (dros 16 oed yn yr Alban) yn gallu gwirfoddoli i gael ei ystyried i fod yn rhoddwr byw. Nid oes terfyn oedran uchaf, gan fod pob gwirfoddolwr yn cael ei asesu'n unigol.

Mae pob gwirfoddolwr yn cael cyfres o brofion meddygol i wneud yn siŵr ei fod yn ddigon ffit ac iach i roi aren. Hyd yn oed os ydych chi eisiau rhoi, dydy pawb ddim yn addas. Eich iechyd a'ch diogelwch chi yw'r flaenoriaeth bwysicaf.

Sut ydw i'n gwirfoddoli?

Os ydych chi'n dymuno rhoi i rywun rydych chi'n ei adnabod neu rywun nad ydych chi'n ei adnabod ar y rhestr aros am drawsblaniad, ewch i'n gwefan yn organdonation.nhs.uk/livingdonation i gael rhagor o wybodaeth yn gyntaf.

Y cam nesaf fydd cysylltu â chydlynnydd rhoddwyr byw mewn canolfan drawsblannu, a fydd yn gallu trafod eich sefyllfa unigol gyda chi a'ch helpu i benderfynu a ydych chi'n dymuno dechrau'r broses. Mae manylion cyswllt pob canolfan trawsblannu ar gael ar ein gwefan.



Meet kidney donor Ceri

Ceri volunteered to donate one of her kidneys to help transform the life of someone anonymously on the transplant waiting list.

Ceri says: "When I heard that this was possible, it immediately struck a chord with me. I was fit and healthy with a full life and I wanted to do something to help someone who was not as fortunate. Not everyone understood my decision. But while we can always find reasons not to do something, I prefer to look for reasons why we can."

Ceri went through several months of physical and psychological testing to ensure she was healthy enough to be a donor.

Five years on Ceri says, "I have absolutely no regrets and would urge others to consider donating if they could do the same. I feel it's a wonderful gift to be able to offer someone the chance to regain their health."



Ceri pictured with her granddaughter Lily

Llun o Ceri gyda'i hwyres Lily

Dyma Ceri, rhoddwr aren

Gwirfoddolodd Ceri i roi un o'i harenau i helpu i drawsnewid bywyd rhywun ar y rhestr aros am drawsblaniad. Gwnaeth hynny yn ddienw.

Meddai Ceri: "Pan glywais fod hyn yn bosibl, cefais fy ysgogi i weithredu. Roeddwn i'n ffit ac yn iach gyda bywyd llawn ac roeddwn i eisiau gwneud rhywbeth i helpu rhywun nad oedd mor ffodus. Nid oedd pawb yn deall fy mhenderfyniad. Ond er ein bod bob amser yn gallu dod o hyd i resymau dros beidio â gwneud rhywbeth, mae'n well gen i chwilio am resymau pam y gallwn ni."

Aeth Ceri drwy sawl mis o brofion corfforol a seicolegol i sicrhau ei bod yn ddigon iach i roi organ.

Bum mlynedd yn ddiweddarach, meddai Ceri, "Dydw i ddim yn difaru o gwbl a byddwn yn annog pobl eraill i ystyried rhoi os bydden nhw'n gallu gwneud yr un fath. Rwy'n teimlo mai rhodd wych yw gallu cynnig cyfle i rywun adennill ei iechyd."

Meet kidney donor Prafula

Prafula donated one of her kidneys through the UK Living Kidney Sharing Scheme to enable her niece Shakti to receive a kidney transplant.

Shakti spent much of her childhood in and out of hospital suffering from chronic kidney disease. By the time she was 24, her kidney function had declined to six per cent and the prospect of daily dialysis loomed.

Prafula says "I wanted to do something to help and after many tests, it was discovered I wasn't a direct match for Shakti."

After finding out about the UK Living Kidney Sharing Scheme – a scheme which attempts to pair donors and recipients across the UK – a match was found for Shakti. Prafula donated to someone through the scheme on the same day.

"Shakti's transplant was a success, and she now lives a full life without dialysis. It's sometimes hard to believe it was all possible through this scheme. I would do it all again if I had another spare."

Prafula with her niece Shakti



Dyma Prafula, rhoddwr aren

Rhoddodd Prafula un o'i harennau drwy Gynllun Rhannu Arennau Byw y DU i alluogi ei nith Shakti i gael trawsblaniad aren.

Treuliodd Shakti lawer o'i phlentyndod i mewn ac allan o'r ysbyty yn dioddef o glefyd cronig yn yr arenau. Erbyn iddi fod yn 24 oed, roedd gweithrediad ei harennau wedi gostwng i chwech y cant ac roedd y posibilrwydd o ddialysis dyddiol ar y gorwel.

Meddai Prafula "Roeddwn i eisiau gwneud rhywbeth i helpu ac ar ôl llawer o brofion, darganfuwyd nad oeddwn i'n cyfateb yn uniongyrchol i Shakti."

Ar ôl cael gwybod am Gynllun Rhannu Arennau Byw y DU – cynllun sy'n ceisio paru rhoddwyr a derbynyddion ledled y DU – daethpwyd o hyd i aren addas ar gyfer Shakti. Rhoddodd Prafula aren i rywun drwy'r cynllun ar yr un diwrnod.

"Roedd trawsblaniad Shakti yn llwyddiant, ac erbyn hyn mae'n byw bywyd llawn heb ddialysis. Weithiau mae'n anodd credu bod popeth yn bosibl diolch i'r cynllun hwn. Byddwn i'n gwneud y cyfan eto pe bai gen i aren arall i'w roi."

Prafula gyda'i nith Shakti

What is the UK Living Kidney Sharing Scheme?

The UK Living Kidney Sharing Scheme enables adults and children to receive a living donor transplant that may not have otherwise been possible. If you wish to donate a kidney to someone you know, but you are not a suitable match for them, it may be possible for you to join the kidney sharing scheme and be matched with another donor recipient pair in the same situation and for the donor kidneys to be exchanged.

If you are donating a kidney to someone you don't know, your kidney may be offered to a high priority recipient on the transplant waiting list first. Otherwise, you will be automatically included in the kidney sharing scheme to create a chain of up to three transplants.

The scheme benefits people waiting for a transplant as well as the person on the transplant waiting list who completes the chain.

Additional information

You can find more information about becoming a living kidney or living liver donor on our website organdonation.nhs.uk/livingdonation or by scanning the QR code below. Here you will also find links to other living donor and patient organisations.

Alternatively, if you would like to discuss living donation in more detail, you can call us 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**

Beth yw Cynllun Rhannu Arennau Byw y DU?

Mae Cynllun Rhannu Arennau Byw y DU yn galluogi oedolion a phlant i gael trawsblaniad gan roddwr byw na fyddai wedi bod yn bosibl fel arall. Os ydych chi'n dymuno rhoi aren i rywun rydych chi'n ei adnabod, ond nad ydych chi'n addas ar eu cyfer, efallai y bydd modd i chi ymuno â'r cynllun rhannu arenau a chael eich paru â rhoddwr/derbynnnydd arall yn yr un sefyllfa ac i gyfnewid yr arenau'r sy'n cael eu rhoi.

Os ydych chi'n rhoi aren i rywun nad ydych chi'n ei adnabod, mae'n bosibl y bydd eich aren yn cael ei chynnig yn gyntaf i dderbynnnydd blaenoriaeth uchel ar y rhestr aros am drawsblaniad. Fel arall, byddwch yn cael eich cynnwys yn awtomatig yn y cynllun rhannu arenau i greu cadwyn o hyd at dri thrawsblaniad.

Mae'r cynllun o fudd i bobl sy'n aros am drawsblaniad yn ogystal â'r sawl sydd ar y rhestr aros am drawsblaniad sy'n cwblhau'r gadwyn.

Gwybodaeth ychwanegol

Mae rhagor o wybodaeth am fod yn rhoddwr aren byw neu'n rhoddwr iau/afu byw ar gael ar ein gwefan organdonation.nhs.uk/livingdonation neu drwy sganio'r cod QA isod. Yma hefyd fe welwch ddolenni i sefydliadau rhoddwyr byw a sefydliadau cleifion eraill.

Fel arall, os hoffech chi gael trafodaeth fanylach am roi organau byw, gallwch gysylltu â nyrs arbenigol ar **0300 123 23 23**.



Os ydych chi'n drwm eich clyw, defnyddiwch ein gwasanaeth cyfnewid testun: **18001 0300 1232323**

Anfonwch neges destun atom ar **07860 034 343**



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Yes I donate
LIVING DONATION



Ydw rwy'n rhoi
RHODDWR BYW

www.organdonation.nhs.uk