



Becoming a living donor

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

Visit [organdonation.nhs.uk](https://www.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, or you can volunteer to donate to someone you don't know on the transplant waiting list.

The best treatment option available for most people with kidney or liver disease is a successful transplant from a living donor.

A kidney or part of a liver from a living donor usually lasts longer than those donated from people who have died.

Visit organdonation.nhs.uk or call us **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.



Polly and her brother Richard

"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."

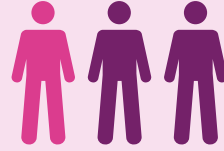
Living donation - the facts



In the UK, there are more than **5,500 people** waiting for a kidney transplant and **around 700 people** are waiting for a liver transplant.

More than 1,000 people have donated a kidney during their lifetime to someone they don't know on the transplant waiting list. Many more have donated to a family member or friend.

1,000



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 18 months**. For some ethnic groups and people for whom it is difficult to find a compatible donor, the wait is even longer.

Can I volunteer to be a living donor?

If you are over the age of 18 (over 16 in Scotland) you can volunteer your interest as a living donor. There is no upper age limit.

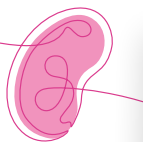
You will undergo a series of medical tests to check if you are fit and healthy enough to donate. Even if you want to donate, not everyone is suitable. Your health and safety is the most important priority.

How do I volunteer?

Volunteering to donate a kidney is a wonderful thing to do, but it is also an important decision and there are lots of things for you to consider.

The first step is to read through the living donation information on our website [organdonation.nhs.uk/livingdonation](https://www.organdonation.nhs.uk/livingdonation) to find out more about what is involved. Once you feel ready, you can register your interest with your local transplant centre using the contact details on the website. A living donor coordinator will then be in touch to discuss the next steps of your donor journey.

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."*



"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."

Meet liver recipient Connor



Connor received part of his mum Michelle's liver after being diagnosed with Caroli disease, a rare genetic disorder.

"The effects of the transplant were almost immediate. After just a few weeks, you could see the difference in my eyes and skin tone and my health improved dramatically. It has allowed me to carry on with my life as normal. I am now able to work full time, go to festivals and look forward to holidays which I had been unable to do for so long."



"I'm forever grateful that my mum donated to me, and now I'll always have a piece of her with me wherever I go."

What is the UK Living Kidney Sharing Scheme?

The UK Living Kidney Sharing Scheme enables adults and children to receive a living kidney transplant that may not have otherwise been possible. If you are not a suitable match with the person you wish to donate a kidney to, you may be able to find a match with another pair through the kidney sharing scheme and for the donor kidneys to be swapped.

If you wish to donate a kidney to someone you don't know on the transplant waiting list, your kidney may be offered to someone who is a high priority first. Otherwise, you may be able to join the kidney sharing scheme to help transform the lives of up to three people.

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.

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 matches suitable donors and recipients across the UK – a match was found for Shakti. When a date was arranged, 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



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

