



**Becoming
a living donor**

**Bod 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, 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**

Beth mae rhoi organau byw yn ei olygu?

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

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

Y dewis gorau i'r mwyafrif o bobl sydd â chlefyd yr arenau neu'r iau yw cael trawsblaniad llwyddiannus gan roddwr byw.

Mae aren neu ran o iau gan roddwr byw yn para'n hirach fel arfer na rhai gan bobl sydd wedi marw.

Ewch i organdonation.nhs.uk neu ffoniwch ni ar **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, rhywun sydd wedi rhoi aren

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

Dywedodd Polly *"Roedd gan fy mrawd broblem gyda'i arenau ers iddo fod yn fachgen ifanc, a doeddwn i ddim eisiau ei weld yn gorfod cael dialysis drwy gydol ei oes."*

"Fe wnaeth ein rhieni feithrin pwysigrwydd 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 **5,500 people** waiting for a kidney transplant and **around 700 people** are waiting for a liver transplant.




Living kidney donors make **1 in 3 transplants** possible across the UK.

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.




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.

Rhoi organau byw – y ffeithiau


Yn y DU, mae dros **5,500 o bobl** yn aros am drawsblaniad aren a **tua 700 o bobl** yn aros am drawsblaniad iau/afu.




Mae rhoddwyr aren byw yn gwneud **1 trawsblaniad o bob 3** yn bosibl ledled y DU.

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




Ar gyfartaledd mae'n rhaid aros **tua 18 mis** 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?

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 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.

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

Os ydych chi dros 18 oed (dros 16 oed yn yr Alban) gallwch chi wirfoddoli eich diddordeb mewn bod yn rhoddwr byw. Does dim terfyn oedran uchaf.

Byddwch chi'n cael cyfres o brofion meddygol i wirio a ydych chi'n ddigon ffit ac iach i roi. Hyd yn oed os ydych chi eisiau rhoi, dydy pawb ddim yn addas. Eich iechyd a'ch diogelwch chi yw'r flaenoriaeth bwysicaf.

Sut mae gwirfoddoli?

Mae gwirfoddoli i roi aren yn beth gwyach i'w wneud, ond mae hefyd yn benderfyniad pwysig ac mae llawer o bethau i chi eu hystyried.

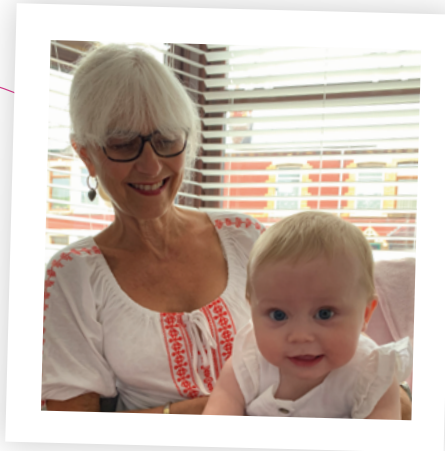
Y cam cyntaf yw darllen drwy'r wybodaeth am roddion byw ar ein gwefan organdonation.nhs.uk/livingdonation i gael rhagor o wybodaeth am yr hyn sy'n digwydd. Pan fyddwch chi'n teimlo'n barod, gallwch chi gofrestru eich diddordeb gyda'ch canolfan drawsblannu leol gan ddefnyddio'r manylion cyswllt ar y wefan. Yna, bydd cydlynnydd rhoddwyr byw yn cysylltu â chi i drafod camau nesaf eich taith fel rhoddwr.

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."



Dyma Ceri, rhywun sydd wedi rhoi aren

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

Meddai Ceri: *"Pan glywais fod hyn yn bosibl, cefais fy ysgogi i weithredu. Roeddwn i'n ffith 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 ni 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."

"Dydw i ddim yn difaru o gwbl a byddwn i'n 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 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."



Dyma Connor, rhywun sydd wedi derbyn iau

Cafodd Connor ran o iau ei fam Michelle ar ôl cael diagnosis o glefyd Caroli, sef anhwylder genetig prin.

"Roedd effeithiau'r trawsblaniad i'w teimlo bron ar unwaith. Ar ôl ychydig wythnosau'n unig, gallech chi weld y gwahaniaeth yn lliw fy llygaid a'm croen ac fe wnaeth fy iechyd wella'n syfrdanol. Mae hyn wedi fy ngalluogi i barhau â fy mywyd fel arfer."

Rydw i nawr yn gallu gweithio'n llawn amser, mynd i wyliau cerddorol ac edrych ymlaen at wyliau, pethau nad oeddwn wedi gallu eu gwneud ers cyhyd."

"Mi fydda i'n ddiolchgar am byth bod fy mam wedi rhoi i mi, a nawr bydd gennyf bob amser ddarn ohoni gyda mi lle bynnag rydw i'n mynd."



Connor gyda'i fam Michelle

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

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 nad ydych chi'n gyfatebiaeth addas ar gyfer y person yr ydych eisiau rhoi aren iddo, efallai fod modd canfod cyfatebiaeth â phâr arall drwy'r cynllun rhannu arenau a bod modd cyfnewid arenau.

Os ydych chi'n dymuno rhoi aren i rywun nad ydych chi'n ei adnabod ar y rhestr aros am drawsblaniad, efallai y bydd eich aren chi'n cael ei chynnig i rywun sy'n flaenoriaeth uchel yn gyntaf. Neu, efallai y byddwch chi'n gallu ymuno â'r cynllun rhannu arenau i helpu i drawsnewid bywydau hyd at dri pherson.

Dyma Prafula, rhywun sydd wedi rhoi 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 yr arenau.

Dywed 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 paru rhoddwyr a derbynyddion ledled y DU – daethpwyd o hyd i aren addas ar gyfer Shakti. Pan drefnwyd dyddiad, rhoddodd Prafula aren i rywun drwy'r cynllun ar yr un diwrnod.

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



Prafula gyda'i nith 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**.



Gwybodaeth ychwanegol

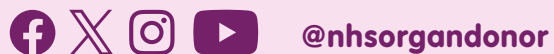
Mae rhagor o wybodaeth am fod yn rhoddwr aren byw neu'n rhoddwr iau/afu byw ar gael ar ein gwefan organdonation.nhs.uk/livingdonation neu drwy sganio'r cod QA isod. Yma hefyd fe welwch ddolenni i sefydliadau rhoddwyr byw a sefydliadau cleifion eraill.

Fel arall, os hoffech chi gael trafodaeth fanylach am roi organau byw, gallwch gysylltu â ni ar **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



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

Anfonwch neges destun atom ar
07860 034 343





Yes I donate
LIVING DONATION



Ydw rwy'n rhoi
RHODDWR BYW

www.organdonation.nhs.uk/livingdonation