

Living Kidney Donor Program



Megan received a kidney from her husband Jake



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Why Choose to be a Living Kidney Donor?

About The Ohio State University Wexner Medical Center

Recognized by *U.S. News & World Report* magazine as a top hospital caring for patients with kidney disease, The Ohio State University Wexner Medical Center's transplant program is one of the largest in the country and among the busiest kidney transplant programs in the region. Ohio State's Comprehensive Transplant Center is the only adult transplant center in central Ohio, performing more than 10,000 transplants since it was established in 1967. We perform approximately 200 kidney transplants a year.

Visit wexnermedical.osu.edu/KidneyDonor for more information on Living Kidney Donation, including:

- Evaluation process
- Donation process
- Frequently asked questions
- Paired kidney donation
- Asking for a living kidney donation



James (left) received a kidney from fellow church member Craig (right)

Patients with end-stage renal disease have three options for treatment: dialysis, a kidney transplant from a deceased donor or a kidney transplant from a living donor.

Dialysis is only a temporary solution. While a patient can remain on dialysis for many years, it is not a cure for kidney disease. It is also time-consuming, with treatment schedules as frequent as three times each week for four hours each session.

Transplantation is a preferred alternative, but the demand for donated organs is greater than the number of available organs, and demand is steadily increasing. United Network for Organ Sharing (UNOS), the organization responsible for allocating deceased donor organs for transplant, reports there are more than 94,000 candidates waiting for a kidney transplant. In 2018, only 14,725 kidneys were transplanted from deceased donors.

The best option for a patient waiting for a kidney is to receive one from a living donor. Wait times for patients with living donors are reduced from years to months, and transplant recipients have better outcomes with kidneys from living donors. According to the National Kidney Registry, kidneys transplanted from living donors may last nearly twice as long as kidneys from deceased donors.

At any given time, about 500 patients in Ohio State's transplant program are awaiting a kidney transplant – many whose lives could be changed by a living donor.

Patients with a living donor can receive a transplant more quickly, potentially avoiding dialysis. The wait for a kidney from a deceased donor can be many years.

About half of the transplants performed at Ohio State use kidneys from live donors. Often these donors are family members, but a growing number are friends or co-workers. There are also people who choose to donate a kidney without having a specific recipient in mind. These extraordinary people are called non-directed or altruistic donors.



Howard received a kidney from his wife Catherine

Qualifications For Living Donors

To qualify as a living donor, an individual should be in good overall physical and mental health and free from uncontrolled high blood pressure, diabetes, cancer, HIV/AIDS, hepatitis and organ disease.

Individuals considered for living donation are usually between 18-70 years of age. Gender and race are not factors in determining a successful match.

Living donor candidates must take a blood test to determine blood type compatibility with the recipient.

DONORS WITH BLOOD TYPE	CAN DONATE TO PATIENTS WITH BLOOD TYPE
A	A and AB
B	B and AB
AB	AB
O	A, B, AB and O

If the donor and recipient have compatible blood types, the donor undergoes a medical history review and a complete physical examination, in addition to tests to ensure compatibility. The donor and recipient may also have to complete a psychological evaluation. **It is important to note that even if a donor's blood type is not compatible with the recipient's, there is still the option to be an indirect donor for your recipient. Please review the information on Kidney Paired Donation on page 6.**

The decision to become a living donor is a voluntary one, and the donor may change his or her mind at any time during the process. The donor's decision and reasons are kept confidential.

Education is the most important component in the decision to become a living kidney donor. If you are considering donation, you can speak with a living donor nurse coordinator at the Ohio State Comprehensive Transplant Center by calling 800-293-8965.

Evaluation Process – What to Expect

Ohio State's Pre-Transplant Office will schedule an evaluation appointment with you that will include medical testing, an education session, evaluation by a surgeon and a nephrologist (kidney doctor) and a conversation with a donor advocate. Additional testing will also be scheduled. Here's what you can expect during your evaluation process:

- You will need to provide a copy of your blood type or have blood drawn to confirm blood type (the Pre-Transplant Office will provide an order for blood draw)
- 24-hour blood pressure monitoring
- Women donors will need to provide a copy of their last Pap test result, breast exam and mammogram report. A Release of Information form is included in this packet. Please sign the form and forward it to your doctor's office. If your Pap test or mammogram is more than a year old, you should schedule an appointment for new exams
- You may need to complete a Glucose Tolerance Test (GTT) if requested by the Pre-Transplant Office
- 24-hour urine collection (this will be performed twice)
- Chest X-ray and EKG (tests to determine heart and lung health)
- CT angiogram of kidneys (an X-ray test to evaluate the kidneys and blood vessels)
- Full day at Transplant Clinic for education, meeting with transplant coordinator, psychosocial evaluation, surgical and medical evaluations, completion of tests
- Any additional testing as needed
- Final pre-donation evaluation studies (done seven to ten days before surgery)

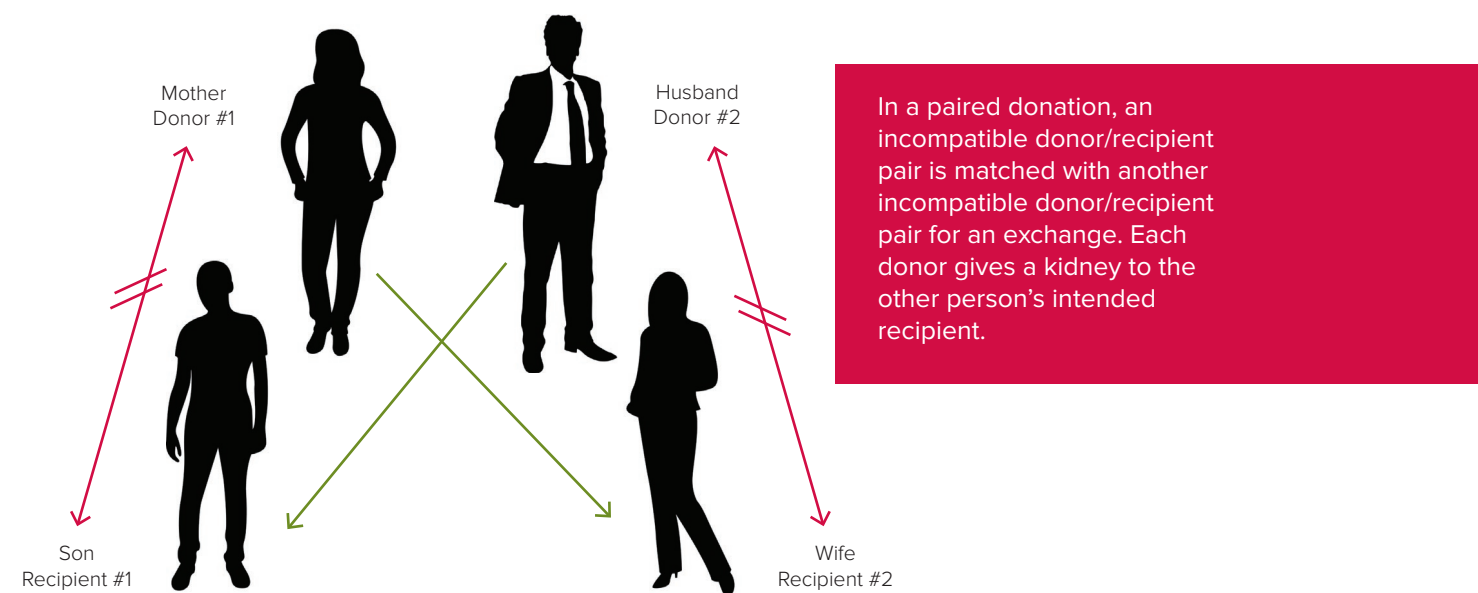


Donors and recipients in 5-way kidney paired donation chain transplanted on Valentine's Day, 2017

Kidney Paired Donation

Sometimes, a person may agree to donate a kidney to a recipient, but his or her blood or tissue type does not match their recipient. Ohio State's Comprehensive Transplant Center can help match such a donor/recipient pair with another donor/recipient pair through a process called Kidney Paired Donation.

For example, if the recipient from one pair is a match with the donor from another pair and vice versa, the Transplant Center can arrange the exchange through two simultaneous transplants. This allows the two recipients to receive organs from two people who were willing to donate, even though the original pairings were incompatible or mismatched.



Both donor and recipient candidates are carefully evaluated and tested medically and psychosocially to ensure that the benefits outweigh the risks. It is important for both surgeries to be scheduled for the same time, in case either donor changes their mind at the time of surgery.

Kidney Paired Donation can also involve multiple donors and recipients. In September 2011, Ohio State Wexner Medical Center achieved national recognition with a six-way kidney paired transplant, coordinating the in-house transplantation of six kidneys in a domino-effect surgical process.

Since 2011, we've completed two additional six-way kidney chains and several four- and five-way chains. With more than 94,000 Americans currently waiting for a kidney in the U.S., these types of paired donations can have a positive impact on the kidney transplant wait list.

Non-Directed Living Donation

A non-directed living donor, or altruistic donor, is someone who offers to donate a kidney to any recipient currently on the deceased donor waiting list.

- Non-directed donors must satisfy the same medical, psychosocial and ethical criteria used in the selection of all living donors, as well as any recommended psychiatric criteria.
- Non-directed donors must be 21 years or older.
- The transplant team will provide opportunities for discussion and education at all stages of the donor evaluation. Non-directed donors will be reassured of the ability to withdraw their decision to donate at any time.
- The transplant team will assess the donor and the recipient's position regarding anonymity. In all cases, anonymity between the donor and the recipient will be maintained until the transplant is complete. The transplant team will facilitate correspondence between the donor and the recipient post-transplant, only if agreed-upon by both parties.

Evaluation Process:

- Non-directed living donors will receive a medical evaluation at Ohio State Comprehensive Transplant Center.
- A preliminary donor evaluation is conducted after the individual's first contact with our transplant team to indicate his or her interest in pursuing organ donation. Potential donors are sent a living donor informational packet and asked to complete and submit a potential donor screening form.
- A full donor evaluation is initiated after candidates submit the potential donor screening form, if the patient meets general selection criteria. This process involves gathering additional information and reaffirming the potential donor's interest and intent in pursuing donation. Education on all aspects of donation is provided to the potential donor.
- Non-directed donors will undergo the same evaluation process as directed donors, including evaluation by a living donor coordinator, transplant coordinator, social worker, psychologist, transplant nephrologist (kidney doctor), transplant surgeon and living donor advocate.

Non-directed donors are often viewed as Good Samaritans who have the opportunity to spur multiple transplants by starting a transplant chain in our Kidney Paired Donation Program. In September 2011, a 58-year-old mother of four from central Ohio, who had been inspired by the strength of those she'd seen struggle with illness and injury, decided to become a non-directed donor. She set in motion a six-way kidney transplant at Ohio State Comprehensive Transplant Center. Performing a true act of selflessness, the mother only recently allowed herself to be identified. "This story is not about me," she wrote in a statement. "This story belongs to the families on this chain. I am privileged to be a positive footnote to their story."

For more information about becoming a non-directed donor, please contact Ohio State at 800-293-8965, option 3 to speak with a living donor nurse coordinator.



Toni (non-directed donor)

Frequently Asked Questions

Are living donor kidney transplants common?

Most kidney transplant centers perform living donor transplants. At The Ohio State University Wexner Medical Center, more than 100 living donor transplants are performed each year.

Do living donor transplants offer any advantages over deceased donor transplants?

A kidney from a living donor offers several benefits over a deceased donor organ:

- Receiving a kidney from a living donor keeps patients from long waits for a deceased donor kidney.
- Living donor transplants have a first-year success rate of 98.5 percent.
- Preservation time and organ transportation are not factors in living donation. Donor and patient operating rooms are adjacent to each other, and transplanted kidneys are working in the recipient within 30 minutes of donation.
- Living donation surgeries can be scheduled in advance, which allows procedures to be performed under the best circumstances for the patient and donor.
- The entire health history of a living donor is known and verifiable.

Who can donate?

To be a donor, you must be in good general health. You must be free from diabetes, cancer, HIV/AIDS, hepatitis, kidney disease and heart disease. Gender and race do not matter. Individuals considered for living donation are typically between the ages of 18 and 70. A matching blood type is not a requirement for living kidney donation. Through our Kidney Paired Donation Program, it is possible to donate with mismatched blood or tissue.

Will kidney donation cause health problems for a living donor?

All donors must go through a series of tests before being accepted as a donor. These tests must be reviewed and approved by the transplant team. Only healthy people are accepted as donors. After donation, you will be able to return to a normal lifestyle. Life expectancy of donors is the same as that of people with two kidneys. A single kidney is able to meet the body's needs very well. There are always possible risks with any surgery; however, these are reduced by the extensive evaluation performed on all donors.

How do I get started?

The first step in the donor process is to contact Ohio State's Pre-Transplant Office at 800-293-8965, option 3. You will be provided with a packet of information to begin the process of living kidney donation; or visit Ohio State's Living Donation web page at wexnermedical.osu.edu/KidneyDonor to complete a donor assessment form.

What testing will I have to complete?

If you decide to become a donor, the next step will be to confirm your blood type. Once this is received, we will proceed with any other preliminary tests that need to be completed prior to scheduling your full evaluation.

Your evaluation will include laboratory tests such as tissue typing, urine collections, chest X-ray, EKG and any other testing deemed necessary by our transplant team. Once your evaluation has been reviewed, you will be scheduled for a CT angiogram of the kidneys. If all testing is found to be acceptable, the transplant surgery will then be scheduled.

Are there medications I should be careful about using after donating my kidney?

You should always check with your doctor before taking medication. You should avoid taking NSAIDs, which include any medications with ibuprofen, such as Advil or Motrin, and medications with naproxen, such as Aleve. Also, many arthritis medications may be harmful to your remaining kidney.

Who pays my medical bills?

Your evaluation and surgery are paid for by the recipient's medical insurance. However, some things to consider that are not covered are travel and lodging expenses (if any), and lost wages from work if you do not have ill or vacation time. Some donors may qualify for assistance with travel and lodging. The usual recovery time for a donor is four to six weeks.

How long will I be in the hospital?

Generally, donors are in the hospital for three days. Recipients are usually in the hospital for four to six days.

Where can I obtain more information about living donor transplantation?

- Call Ohio State's Pre-Transplant Office at 800-293-8965, option 3
- Visit Ohio State's living donor web page at wexnermedical.osu.edu/KidneyDonor
- Review the available website resources listed on page 10



Bob (right) received a kidney from his wife Tawnya (left)

A History of Excellence: Ohio State’s Kidney Transplant Program

- 1967:** First kidney transplant – the first solid organ transplant at Ohio State
- 1968:** First living-donor kidney transplant performed between primary family members (parent or sibling)
- 1986:** First living-donor kidney transplant between non-relatives
- 1999:** First laparoscopic kidney donation surgery
- 2005:** First paired donor exchange kidney transplant
- 2011:** National recognition for in-house six-way paired kidney transplant
- 2018:** Completed numerous chains of kidney paired donation surgeries, including three chains with six donors and six recipients, which are the largest single-institution chains performed in Ohio to date.

- More than 200 kidney transplants per year
- Among top 10 percent in patient volumes in the United States
- Recognized by *U.S. News & World Report* as a top hospital for kidney disease care
- Expertise with transplant in older patients and those with co-morbidities, such as diabetes and obesity, that place them at higher risk
- More than half of kidney transplant patients at Ohio State receive organs from living donors

Resource Websites

- The Ohio State University Wexner Medical Center – **wexnermedical.osu.edu/KidneyDonor**
Information on kidney donation procedure and tools for how to ask for a living kidney donation
- The Organ Procurement and Transplantation Network – **optn.transplant.hrsa.gov**
Information and data on living donation
- Living Donors – **livingdonorsonline.org**
Read, post messages and chat with other living donors
- Donate Life America – **donatelife.net**
National coalition on organ donation and living donor information
- American Kidney Fund – **kidneyfund.org**
Provides direct financial assistance to kidney patients in need, and education for those with and at risk for kidney disease
- Transplant Living – **transplantliving.org**
Information on live organ donation and transplant information for patients
- National Kidney Foundation – **kidney.org**
Information on kidney disease, transplantation and living kidney donation
- Lifeline of Ohio – **lifelineofohio.org**
Information about transplantation and living donation from the local agency
- Transplant Life – **transplantlife.com**
Information about transplant
- TRIO – **trioweb.org**
Support, education and awareness for those involved with organ transplantation
- Scientific Registry of Transplant Recipients – **srtr.org**
Data on living donation at specific transplant centers
- United Network of Organ Sharing – **unos.org**
Resources for living organ donors
- U.S. Department of Health and Human Services – **organdonor.gov**
Information and resources on donation and transplantation
- National Kidney Registry – **kidneyregistry.org**
Information and resources regarding donor exchange



David (left) received a kidney from his brother Roy (right)

For more information about living kidney donation, please call 800-293-8965, option 3.

Living Kidney Donor Program

The Ohio State University Wexner Medical Center
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