

# INFORMATION ABOUT LIVING KIDNEY DONATION

Hello!

You are receiving this information because you most likely know someone with kidney disease who may need a kidney transplant. We would like to take the opportunity to tell you about how to proceed if you are considering donating a kidney.

## WHO CAN DONATE?

You do not have to be related to donate. It is, however, most common for a donor to be found among close family, even if it is becoming increasingly common for others, such as friends or colleagues, to donate a kidney.

In order to be considered as a donor, you must be in good health. Reasons for immediate exclusion include diabetes, heart disease, tumours, kidney disease or substance abuse. Pregnant women and young people will not be considered either.

The decision to become a kidney donor must be completely of your own free will. Deciding to become a kidney donor requires both comprehensive information from healthcare personnel and support from those around you. Financial compensation between recipients and donors is not permitted. Anyone being considered as a donor must not be subjected to any pressure, whether from the patient, family, friends or healthcare personnel. Whatever the person decides must be respected.

**700**

PEOPLE ARE CURRENTLY WAITING FOR A KIDNEY TRANSPLANT IN SWEDEN



MORE THAN

**400**

KIDNEY TRANSPLANTS ARE PERFORMED EVERY YEAR



NEARLY

**4800**

PEOPLE HAVE DONATED A KIDNEY IN SWEDEN



MORE THAN

**16 000**

KIDNEY TRANSPLANTS HAVE BEEN PERFORMED SINCE 1964



## ASSESSMENT

In order to be accepted as a kidney donor, you must first undergo a thorough health examination, including samples, x-rays and sessions with a counsellor. It can take as long as 6–8 months to complete all the steps, but once the assessment is completed the lead nephrologist (kidney doctor) writes a final report as to whether donation is possible. This report is then sent to the transplant surgery team, which will invite the donor to an appointment to make a final decision on suitability.

Many kidney donors find donation to be a positive and life-altering event that forever changes the way they view their own health and their compassion for other people.

## HOW DO I REGISTER MY INTEREST?

If you would like to learn more or register your interest to be considered as a kidney donor, you can contact the kidney clinic at your local hospital (see below for contact details).

Thank you for taking the time to read this letter!

**You can contact us directly at the following numbers:**

**Patient Coordinator**

**Telefonnummer 031-342 70 40**

