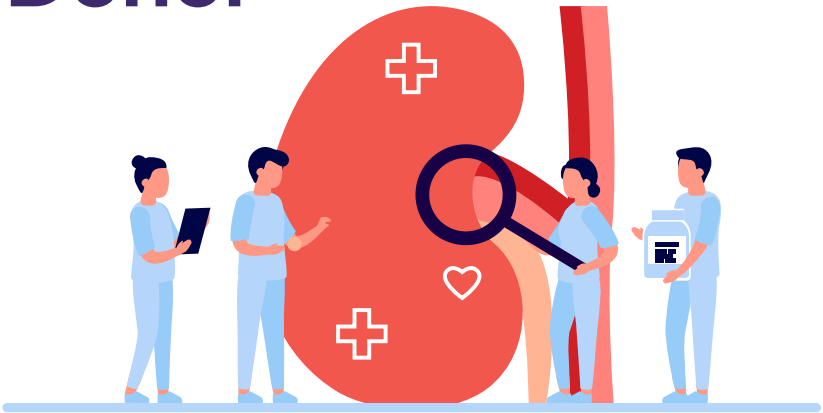


# Kidney Transplant from a Living Donor



Step 6 | I Am Suitable for Living Donor Kidney Transplant

Step 5 | I Have Been Referred to a Transplant Centre for Assessment

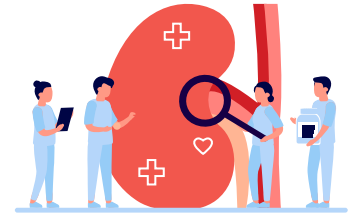
Step 4 | I May Have Identified a Potential Donor

Step 3 | I Am in the Process of Looking for a Living Donor

Step 2 | I Would Like to Start the Testing Process for a Kidney Transplant

Step 1 | I am Learning about Living Kidney Donor Transplant

A kidney transplant from a living donor is the preferred treatment for many people suffering from kidney disease. There are several advantages to a living donor kidney transplant over a deceased donor kidney transplant:



- Improved success rates
- Shorter waiting times
- Surgical date is known in advance
- May avoid the need for dialysis

### **What can I expect to happen in each step?**

1. I am learning about living donor kidney transplant.
2. I would like to start the testing for kidney transplant.
3. I am in the process of looking for a living donor.
4. I may have identified a potential donor.
5. I have been referred to Vancouver General Hospital or St. Paul's Hospital for assessment.
6. I am done with testing and the transplant team has said I am approved for kidney transplant.

# I Am Learning About Living Donor Kidney Transplant

Step 1

Step 2

Step 3

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## What to expect

Education about living donor kidney transplant is provided to most patients who attend a Kidney Care Clinic in BC. It is provided early and over time.



## Things to think about and discuss

Learning about the benefits and risks of a living donor kidney transplant will help you decide if transplant might be a treatment option you wish to pursue. Your kidney care team is available to support you and answer questions that you may have.

We suggest you review the following resources to help you learn about living donor kidney transplant:

1. [Introduction to Kidney Transplant](#)
2. [Treatments for Kidney Failure Education \(Transplant\) presentation](#)
3. [The Kidney Transplant Process: A step-by-step guide for kidney transplant recipients](#)
4. [Kidney Foundation of Canada \(KFOC\): Living with Kidney failure Chapter 4 Transplant](#)



Scan and read resources 1-4

Step 1

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## When will I be contacted by my kidney care team?

- To schedule and confirm a date for transplant education.
- To receive education on transplant and living donation.
- To obtain support with decision-making about living donor kidney transplant.

**Decisions I need to make now:**

- Do I proceed with testing?
- Do I have a back-up treatment plan if living donor transplant doesn't work out for me?

**Questions to ask my kidney care team:**

- Is transplant a cure for kidney failure?
- How do I know if transplant is a good option for me?
- I don't have any symptoms; do I need to decide now?
- Is there a lot of testing and what is involved?
- How will a kidney transplant affect my life?
- Is it safe for someone to donate to me?
- When should I start looking for a potential donor?
- What if I don't know anyone who would want to donate a kidney?
- How long do I have to wait before getting a transplant?



**Where am I in the transplant process?**

- My eGFR is below 25 and declining.
- I have received transplant education.
- I have let my kidney care team know that I would like to be considered for a kidney transplant.
- I have discussed ways to find a living donor with my kidney care team.

**Notes:**

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# I Would Like to Start the Testing Process for a Kidney Transplant

Step 1 Step 2 Step 3 Step 4 Step 5 Step 6

## What to expect



Once you receive education, more tests will be required as part of the referral process to the provincial transplant centre at Vancouver General Hospital or St. Paul's Hospital in Vancouver. This includes standard blood tests, blood tests to rule out sexually transmitted infections, a chest x-ray, cardiac testing and various other tests which screen for tuberculosis and colon cancer (fecal test). These tests are done on all patients being considered for kidney transplant. Some tests will take more time than others, but the tests are important in making sure you are suitable to receive a living donor kidney transplant.

Your local transplant clinic and kidney care clinic will work together to ensure that all the tests required are completed and sent to the transplant centre. Your family doctor may be contacted to provide important health information as well.

Once testing is complete and the referral is sent to the transplant centre, the priority in which you will be seen depends on different factors. For example, you will be assessed more quickly if you have identified a living donor and the living donor has registered as a possible donor. People with registered living donors are prioritized over those who do not have a living donor registered. People with lower GFR may get prioritized to be seen sooner as well.

## Things to think about and discuss

You can help by ensuring that your basic health and dental care are up to date. See your dentist to make sure there are no infections in your mouth or teeth or any major dental work is required since it's better to do this before your transplant rather than after. Prostate testing for men during routine examinations with your family doctor should be done and routine cancer screening tests such as pap and mammogram for women and fecal occult blood tests (FIT) should also be completed according to BC Cancer screening guidelines.

## When will I be contacted by my kidney care team?

- To book an appointment to meet with the local transplant team to discuss tests and consults that will be needed.
- To arrange required testing and consultations.
- To follow-up about the status of your Living Donor Outreach Plan and help you address any barriers.

## Decisions I need to make now:

- Do I move forward with testing and assessment?
- How do I get to and from my testing appointments?

Step 1

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**Questions to ask my kidney care team:**

- How long will the testing take?
- Do I need to coordinate the testing myself?
- Who can help me if I am having trouble with transportation to get tests done?
- How will my test results be shared with my family doctor?
- Do I need to pay for any tests?
- Can all tests be done at my regular lab?
- Can I stop the process during the testing?
- Where will my transplant referral be sent?
- How long will it take for my referral to be processed?
- If my referral is not accepted by the transplant team, what are my options?
- Will there be more testing for me to complete?
- How do I find a living donor?
- What happens after I'm done all the testing?



**Where am I in the transplant process?**

- I have started the required testing for a transplant referral to Vancouver General Hospital or St. Paul's Hospital.
- I have started to develop a Living donor outreach plan.
- I have completed the required testing for a transplant referral to Vancouver General Hospital or St. Paul's Hospital.
- My kidney care team has sent the referral to Vancouver General Hospital or St. Paul's Hospital.

**Notes:**

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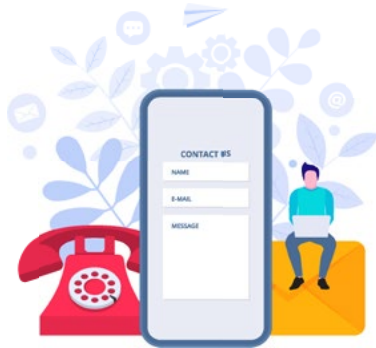
Step 6

# I Am in the Process of Looking for a Living Donor

Step 1 Step 2 **Step 3** Step 4 Step 5 Step 6

## What to expect

Your kidney care team will start to talk with you about **living donor outreach** and the best ways to tell your story to your friends, your family, and your community. The team will provide you with support and resources along the way to help you overcome any challenges. While the team will help you develop a Living Donor Outreach Plan, it is your responsibility to do the outreach and make the connections with potential living donors. Potential donors need to come forward voluntarily without feeling pressured, especially from anyone involved in your kidney care.



## Things to think about and discuss

It can be challenging to reach out to people about living kidney donation. The resources below can help but it is also

important to talk with your kidney care team as they can help to make the process easier.

1. [Getting the word out: A step-by-step guide for reaching out to potential donors](#)
2. [Finding A Donor And Talking About Kidney Donation](#)
  - [Traditional Chinese](#)
  - [Punjabi](#)
3. [Donor outreach letters](#) (Go to Step 3 on this web page to see samples in English, Chinese and Punjabi)



Scan and read resources 1 - 3

## When will I be contacted by my kidney care team?

- To begin development of a Living Donor Outreach Plan.
- To follow-up about the status of your Living Donor Outreach Plan and help you address any barriers.

## Decisions I need to make now:

- How will I develop my Living Donor Outreach Plan?
- Am I comfortable accepting a kidney from a living donor?

Step 1

Step 2

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# I May Have Identified a Potential Donor

Step 1 Step 2 Step 3 **Step 4** Step 5 Step 6

## What to expect

Your kidney care team is available to support you through the pre-transplant process and can help you reach out to potential donors, but they are not involved in the donor testing and assessment process. Vancouver General Hospital and St. Paul's Hospital register potential donors and support them along the process. Donor information is confidential. Therefore, even if you know your donor, no information will be shared with you about which donors have registered or where they are at in the process. You will only be notified once a donor has been approved and is ready to move forward. If you have questions, you will be directed to ask your potential donor directly.



## Things to think about and discuss

Your potential donor may have many questions about living kidney donation that you may not be able to answer. To

help with this, there are many resources available that you can provide to them. It is also important that they contact the donor team at Vancouver General Hospital or St. Paul's Hospital to express their interest to begin the testing and assessment process.

## Living kidney donor testimonials:

1. [Tanya and Todd](#)
2. [Eileen](#)
3. [Charles and Wayne](#)



Scan and read resources 1-3

## Other useful resources:

4. [What is living kidney donation and can I be a kidney donor?](#)
5. [Top 6 questions about living donor kidney transplant](#)
6. [Living organ donation: Let's learn more](#)
7. [Living Organ Donor Expense Reimbursement Program \(LODERP\)](#)
8. [Living donor mentor program](#)
9. [Living Kidney Donor Program: A step by step process](#)
10. [The Living Donor Kidney Transplant Process: A step by step guide for living kidney donors](#)



Scan and read resources 4-7



Scan and read resources 8-10

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

### When will I be contacted by my transplant care team?

- To inform you when you have an approved donor

### Decisions I need to make now:

- Am I comfortable with receiving a kidney from a living donor?
- Is a living donor kidney transplant the best treatment option for me?

### Questions to ask my kidney care team:

- I have a potential donor that is going through testing, do I still need to consider dialysis?
- What if my donor is not done their testing by the time my kidney function drops low enough for me to need a transplant?
- When will the transplant happen?
- What if my donors are not a match for me? Are there other options?
- Can more than one person be tested at a time to be my donor?



### Where am I in the transplant process?

- I have identified at least one potential living donor.
- At least one potential living donor has registered with Vancouver General Hospital or St. Paul's Hospital.

### Notes:

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Step 1

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Step 6

# I Have Been Referred to Vancouver General Hospital or St. Paul's Hospital for Assessment

Step 1 Step 2 Step 3 Step 4 **Step 5** Step 6

## What to expect

Vancouver General Hospital or St. Paul's Hospital will review test results that were completed at your local clinic. The results will help them decide whether you are suitable to proceed with the next step on the journey towards a living donor kidney transplant.



- If the transplant team decides you are suitable, you will start the assessment process. This may involve more testing. If the tests show you are a potential candidate, an assessment will be scheduled with the transplant team which includes a transplant surgeon (urologist), transplant physician (nephrologist) and transplant nurse and/or social worker. More tests may be requested based on your assessment with the transplant team.
- If you are not suitable, you will be contacted by your nephrologist or kidney care team. They will explain to you the reasons why and discuss other treatment options with you.

## Things to think about and discuss

You may experience a wide range of emotions on the journey towards living donor kidney transplant and they will be different as you progress through each phase. Your kidney care and transplant care teams will provide you with information and support you whether you continue the journey or not. Don't be afraid to reach out to them when you need them.

## When will I be contacted by my kidney or transplant care teams?

- To discuss whether the referral has been accepted or not accepted and reasons why or why not including next steps.
- To book an appointment to meet with the transplant team for an assessment.
- To arrange additional testing for your transplant work-up.

## Decisions I need to make now:

- Do I proceed with the transplant assessment?
- Do I need more information about kidney transplant?

Step 1

Step 2

Step 3

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**Questions to ask my kidney care team:**

- When will I hear from the transplant team about an appointment for the assessment?
- Will there be appointments with my kidney care team while I wait for my assessment?
- Do I still need to keep planning for treatment options other than transplant?
- I don't live in Vancouver; will there be support with travel arrangements if I need to go there for my assessments?
- Who should I call if I have any concerns?
- Will they do more tests in Vancouver?
- Can I change my mind to not have a living donor kidney transplant now?



**Where am I in the transplant process?**

- My transplant referral is being reviewed by Vancouver General Hospital or St. Paul's Hospital.
- My transplant referral has been accepted by Vancouver General Hospital or St. Paul's Hospital Referral. I am waiting to hear about next steps.
- I have an assessment appointment booked with Vancouver General Hospital or St. Paul's Hospital.

Step 1

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**Notes:**

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# I Am Suitable for Living Donor Kidney Transplant

Step 1 Step 2 Step 3 Step 4 Step 5 Step 6

## What to expect

Your transplant team at Vancouver General Hospital or St. Paul's Hospital will determine if you are suitable for a living donor kidney transplant. More testing may be needed, depending on your individual circumstances.



- If you are suitable, the next step is to prepare you for the transplant procedure. The transplant team will determine the timing of your transplant procedure based on your level of kidney function and when a donor will be ready.
- If you are not suitable, the transplant team will contact you and provide you with the reasons.

## Things to think about and discuss

If you are still asking yourself whether living donor kidney transplant is the best treatment option for you, please discuss with your kidney care team or transplant team, so you are aware of your options and feel confident with the final decision.

## When you will be contacted by your kidney care team:

- To discuss whether you are suitable for transplant including next steps.
- To inform you when you have an approved donor.
- To get support in preparing for transplant. Arranging travel, accommodation, etc.
- To confirm the planned transplant procedure date.
- To arrange and complete pre-operative testing and/or consults.

Step 1

Step 2

Step 3

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Step 6

**Decisions I need to make now:**

- Do I feel prepared for surgery?
- Do I need to arrange transportation and accommodation?
- Do I fully understand what happens after the surgery?
- Who will help me after my surgery with daily activities such as housekeeping, groceries, laundry, etc.?

**Questions to ask my kidney care team:**

- How can I keep myself healthy while I'm waiting for transplant surgery?
- Is there financial support available for my time off while recovering from surgery?
- Will there be follow-up with my kidney care team after transplant?
- What happens if the transplant fails?
- Do I need to pay for transplant medications?
- How long do I stay in hospital?



**Where am I in the transplant process?**

- I am suitable for a kidney transplant.
- My living kidney donor has been approved.
- I have a date booked for my kidney transplant surgery.

**Notes:**

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