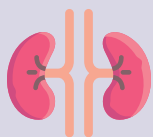


How Might I Shorten My Time on the Kidney Transplant Waitlist?

Did you know that you have options for shortening your time on dialysis and receiving a kidney transplant? In the United States, the average time on the transplant waitlist is four years according to the United Network for Organ Sharing (UNOS). Some people have a shorter time, and some people have a longer wait. This handout has tips that could make your time on the waitlist shorter.

Expanded Criteria Donor (ECD)

kidneys come from donors over 60 years of age. ECD kidneys can also come from donors in their 50s with certain risk factors like high blood pressure, stroke, or reduced kidney function at the time of death.



On average ECD kidneys do not last as long as kidneys on the non-ECD waitlist.

- ECD kidneys: 8–12 years
- Non-ECD kidneys: 10–15 years

Why should you consider an ECD kidney? You have access to a larger supply of available kidneys.

Multiple listing involves registering at two or more transplant hospitals. People often register at a transplant center close to their home. But did you know you can get on a waitlist in another city or state? This may increase your chance of receiving an organ offer.



Learn more about getting listed and multi-listing by scanning your mobile phone camera on the QR Code.

A **living kidney donation** is when a family member, friend, or any living person donates one of their kidneys to you. When you have a living donor, you still need to be on the waitlist or approved by a transplant center if you want a transplant. Having a living kidney donor gives you several benefits, including the kidney lasting longer and working better.



The **Kidney Donor Profile Index (KDPI)** is a measure of kidney function. It estimates how long a kidney from a deceased donor may function after a transplant. Each donated kidney has a KDPI score, which estimates how long a kidney will function in your body. Kidneys with a KDPI above 85 or High KDPI kidneys are expected to last more than five years.¹

Learn more about High KDPI Kidneys by scanning your mobile phone camera on the QR Code.



1. <https://optn.transplant.hrsa.gov/professionals/by-topic/guidance/kidney-donor-profile-index-kdpi-guide-for-clinicians/>

Kidney transplantation is considered the treatment of choice for many people living with kidney failure. The quality of life and life expectancy are often better than for people who are treated with dialysis.

Talk to your healthcare team about all your kidney transplant options.



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