Get the Facts:
Kidney Transplantation

Learn the facts about getting a kidney transplant and how it might affect you before you make decisions about your treatment.

Types of Kidney Donors

Living Donor
- A living related donor kidney comes from a blood relative, such as a parent, brother, sister, or an adult child, and is the best transplant option.
- A living unrelated donor kidney comes from someone who is not related to the person receiving the kidney.
- The donor is evaluated by the transplant center to make sure he/she is healthy enough to donate and is offering his/her kidney willingly, without pressure from anyone.

Non-Living Donor
- A non-living donor is someone who has recently died and has donated a healthy kidney.
- Patients who do not have a living donor can be placed on the national organ transplant waiting list to receive a deceased donor kidney.

Kidney Donor Exchange
- If your kidney donor is approved for a living donation but is not a match with you, you and the donor may be able to join a living donor exchange program.

For more information

End Stage Renal Disease
National Coordinating Center
website: www.esrdncc.org
e-mail: nccinfo@hsag.com

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What is a kidney transplant?

• A kidney transplant is a surgery in which a person with kidney failure receives a new kidney. The transplanted kidney then cleans your blood in the same way that your kidneys did when they were healthy.

• The new kidney comes from another person. Only one kidney is transplanted. A person can live a healthy life with only one working kidney.

• Kidney transplant is one of your treatment options. It is not a total cure for kidney failure.

• Not everyone can receive a transplant.

What do I need to know about getting a kidney transplant?

• Your medical practitioner will send you to a transplant center. You will be evaluated by a transplant team to make sure you are a good prospect for a kidney transplant.

• You must be healthy enough to have the surgery. You must also be able to take the medications which help your body accept the new kidney.

• Talk to your care team to learn more about how to start the process for a transplant referral and evaluation.

• Donor kidneys come from living donors and non-living donors. A non-living donor is a person who has recently passed away but has donated a healthy kidney. A living donor could be anyone who is a match to you and wants to donate.

• The donor kidney must match the blood and tissue types of the person who is to receive the kidney.

• More people need donor kidneys than there are kidneys available. There is a waiting list for kidneys from non-living donors. You can be on more than one waiting list, even one in a different state, if you are able to travel.

How will my life change after I get a transplant?

• Once you receive a transplant, you will need to see your care team on a regular basis.

• You will have to take kidney medications for as long as your new kidney lasts.

• Your diet may change after you receive a transplant. Talk to your dietitian for more information.

How will I pay for my kidney transplant?

• Medicare typically covers 80% of the costs if the transplant is done in a hospital approved by Medicare to do kidney transplants. Coverage by private insurers varies.

• Your transplant team will talk to you about the possibility of your body rejecting the transplanted kidney. Part of the cost of anti-rejection medicines may not be covered. These may be expensive.

• A transplant social worker or financial advisor will work with you to determine how your costs will be covered.

What are some outcomes of a kidney transplant?

• Your overall health and quality of life will likely improve.

• You may be less tired and have more energy.

• You have more freedom because you no longer need dialysis.

What are some things I should consider about having a kidney transplant?

• With any surgery, there are possible complications. This is true for transplant surgery as well. Speak to your transplant care team.

• There is a risk that your body may reject the kidney. Talk with your transplant care team about possible risks.

• You will have to take anti-rejection medications daily after a kidney transplant. They may have side effects.

The following organizations provide resources and additional information about kidney transplantation:

United Network for Organ Sharing
www.unos.org

National Institute of Diabetes and Digestive and Kidney Diseases
www.niddk.nih.gov