Humans are born with two kidneys, but can live a normal life with only one. This medical fact led to the first living donor kidney transplant in 1954. Today, almost half of all kidney transplants come from live donors. The decision to become a living donor should be based on a clear understanding of the entire process. More detailed information on living donation is available online at www.ucdmc.ucdavis.edu/transplant.

UC DAVIS TRANSPLANT CENTER
Living donor program contacts:

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Living Donor Nurse Coordinator:
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Living Donor Advocate
916-734-4953

Rosy Benefeito
Living Donor Assistant
916-734-0430

Liliana Banuelos
Living Donor Assistant
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www.ucdmc.ucdavis.edu/transplant

... one week after surgery

... family with wife (donor) and husband (recipient)

... sisters - recipient (left) and donor, with nurse coordinator

Live Kidney Donation

Give the gift of life
WHY CONSIDER LIVE DONATION?
- Avoid waiting: The average wait time for a deceased donor kidney is three to five years.
- Opportunity to transplant before dialysis: Research shows that the less time a person is on dialysis, the longer a transplanted kidney will function.
- Recipients of living donor transplants live longer than patients who remain on dialysis.
- Live donor kidneys last longer: The average live donor kidney works for about 15 years while the average deceased donor kidney will work about half that long.
- Surgery can be planned to ensure the best condition of the recipient and convenience for the donor.

WHO CAN DONATE?
Live kidney donation is an opportunity for anyone in good health over the age of 18. Family members as well as friends, coworkers, neighbors and church members are examples of potential donors.

WHO CANNOT DONATE?
Medical conditions that preclude living donation include:
- Diabetes
- Kidney disease
- Drug or alcohol abuse
- Heart/heart valve disease or peripheral arterial disease
- Lung disease
- HIV infection
- History of blood clots

Additionally, smokers must be tobacco-free for eight weeks prior to donor surgery.

PAIRED KIDNEY EXCHANGE
Technology available today makes living donor transplants an option regardless of blood type or crossmatch compatibility. It is possible for incompatible pairs to enjoy the many benefits of living donation. Paired kidney exchange, also known as “paired donation,” is an option that matches incompatible donor-recipient pairs with other pairs, and they “exchange” donors. Paired exchange is offered for all incompatible donor-recipient pairs. Partnerships with national exchange programs provide a large pool of incompatible pairs for potential exchange transplants.

Paired donation not only makes it possible for incompatible pairs to be transplanted, it enables “chains” of transplants to positively impact many lives. Another benefit is the opportunity to match compatible pairs with others who are closer in age or size. Further, compatible pairs can simply enter the exchange to facilitate additional transplants.

BLOOD TYPE AND CROSSMATCHING
“Matching” is important when the donor is only willing to donate to a specific recipient. There are two tests that determine whether you are compatible with a specific recipient. Blood types would need to be compatible and the crossmatch must be compatible.

You can: Donate to:
Type O Type O, A, B, AB
Type A Type A, AB
Type B Type B, AB
Type AB Type AB

In the crossmatch test, blood from donor and recipient are mixed. If the recipient cells attack and kill the donor cells, this is called a positive crossmatch. If no reaction occurs, this is a negative crossmatch and the

For more information and inspiring donor-recipient stories, visit: www.ucdmc.ucdavis.edu/transplant

SURGICAL PROCEDURE
UC Davis Transplant Center surgeons perform live kidney donor surgery laparoscopically (with a scope); and in fact were the first on the West Coast to use this advanced procedure, which results in quicker healing time. Today, the surgeons use the latest, even more advanced technique. This surgery requires only a single incision, which leaves a very small scar around the belly button. Donors usually spend only two nights in the hospital and can expect to return to work four to six weeks after donation.