



Dear Potential Donor,

Thank you for your interest in our kidney donor program. Enclosed you will find some basic donor information. **After you have read this**, please complete the enclosed 2 page application form and return it by mail or fax it to **(407) 303-2998**. Please make sure the entire form is completed and signed.

Please note: if you have **high blood sugar** (diabetes), or **high blood pressure** (hypertension), you **cannot** be a kidney donor. These are two diseases that can lead to kidney failure and as a potential donor; your safety is our primary concern. In addition, obesity is also a concern and sometimes we advise weight loss before we can begin. We will screen your application form for any other potential issues with chronic diseases that you may have.

With regard to costs, the donor work-up is covered through the transplant program (with arrangement by recipient's insurance). The actual surgery is billed to recipient's insurance by Florida Hospital. Anything **unrelated** to work-up or kidney donation would not be covered and would be the responsibility of you, the donor. This includes pap-smear, mammogram, colonoscopy, etc which may be required depending on age.

You will need several visits to Florida Hospital Transplant Center to complete the work-up. Time off work, travel expenses and lodging are the responsibility of you, the potential donor. If you live out of state, we can arrange to do your work-up over several days in the same week so you do not have to take multiple flights. The surgery date is not scheduled until after you have been approved as a living donor at the end of your work-up.

Once I have received your **completed** application, I will review the information and call you as soon as I can to discuss the work-up.

If you are found to be incompatible, we do have a program called "paired donation" which is a kidney swap through the Alliance for Paired Donation. There is enclosed information in this application packet about this. Their website is www.paireddonation.org.

In the meantime, if you have any questions, please feel free to **call me at 407-303-3626**. If I am not available, please leave a message and I will return your call as soon as I can. You can also email to christina.fuentes@flhosp.org.

I look forward to hearing from you.

Sincerely,

Christina Fuentes

Christina Fuentes, RN-BC, CCTC
Living Donor Advocate and Transplant Coordinator



These questions and answers have been prepared for you to give you some basic information when considering donating your kidney to someone. Once your application form is received and you have had a blood test to see if you are compatible; you will be scheduled for an actual donor information session with your Living Donor Coordinator.

What is living kidney donation?

An alternative for individuals awaiting organ transplantation from a deceased donor, living donation takes place when a living person donates one of their kidneys for transplantation to another person. Kidney donation is the most frequent type of living organ donation. For the donor, there is little risk in living with one kidney because the remaining kidney compensates to do the work of both kidneys.

What are the advantages of living donation over non-living donation?

Living donor transplants have many advantages. The average life of a living donor kidney is 17 years versus 8-9 years for a deceased donor kidney.

What are the statistics with regard to transplantation and donation?

You will be given full and complete information at each of your evaluation visits. In addition, current statistics can be found at www.unos.org and www.srtr.org.

What are the qualifications for living donors?

In order to qualify as a living donor, an individual must be physically fit, in good general health, and free from high blood pressure, diabetes, cancer, kidney disease and heart disease. Individuals considered for living donation have to be at least 18 years of age. There is no age limit, although kidney function declines with age so it would depend on results of testing. Gender and race are not factors in determining a successful match.

The decision to become a living donor is a voluntary one, and the donor may change his or her mind at any time during the process. The donor's decisions and evaluation are kept confidential. The recipient may not call and receive ANY information about the donor's work-up and/or medical evaluation progress.

What are the costs related to living donation?

Most medical costs associated with living donation are covered by the recipient's insurance. The government requires all certified transplant centers to charge a recipient's insurance an "acquisition fee" when he or she receives a transplant. The medical costs related to the donor's medical evaluation, transplant procedure and postoperative care, called the "donor protocol" are covered by this fee. Anything that falls outside of this protocol is not covered. These costs could include annual physicals, travel, lodging, lost-wages and other non-medical expenses. Unfortunately prescriptions related to post donation pain management are not covered either.

Will I be entitled to disability pay?

If your job provides disability insurance coverage, then you will most likely be entitled to disability pay. Check with your employer.

Can I be tested without the recipient knowing?

No, it is not possible to be tested anonymously. We need the recipient's blood in order to do the compatibility testing and we also have to be sure that they would want to take a kidney from you if you are deemed an acceptable candidate.

What if there are other donors being tested for the same person?

Sometimes, a person has more than one offer of donation. We will review application forms on anybody who is interested; however, we may choose to test related donors over non-related donors first. We usually will do the cross-match compatibility blood test on most donors to try and find the best match and ensure they are compatible before making any firm decisions.

Is there risk with living donation?

All patients experience some pain and discomfort after a surgical procedure. And as with any major operation, there are risks involved. It is possible for kidney donors to develop infections or bleeding – all complications will be discussed during your meetings with the transplant team.

What is involved in becoming a living donor?

There are several steps in the evaluation process. There is a checklist in your information packet that lists all of the steps involved at Florida Hospital Transplant Center along with dates so that you can keep track of your progress.

Do some people have trouble making the decision to donate?

Yes. Although some people can easily make this decision, many go through a bit of soul-searching before deciding. It's very normal to be afraid of giving away part of your body and to experience guilt about not wanting to be a donor.

Will donating a kidney prevent you from becoming pregnant?

No. Although your surgeon will probably advise that you wait 6-12 months after donation so your body can fully recover.

If I am cleared to be a donor, when the transplant will take place?

After your case is approved at the Patient Review Committee, you will be notified. The surgery date is then scheduled; you and your recipient will be asked if you have any preferences for a surgery date. However, the transplant team may determine as the best time to do the transplant, based on the recipient's medical condition.

What about time off?

You will need time off for each of your appointments; we are not open on the weekends. After surgery, you may need several weeks off, depending on how physical your job is; you cannot lift anything above 10 lbs for 8 weeks.

Should I stop taking my medication(s) before the evaluation or the surgery?

You should not stop any prescription medication unless advised to do so by a physician. Be sure to tell your transplant physician and team about all prescription and over-the-counter medications you are currently taking.

Will I require a blood transfusion during my surgery?

Although blood transfusion during this surgery is uncommon, it may be necessary. As a precaution, you can ask a friend or family member to donate one or two units of blood before the surgery if you don't want to use supply from the blood bank.

Once the transplant is scheduled, will it definitely happen?

A number of events could happen that may change the date of the transplant. For example, the recipient's condition might deteriorate to the point where he or she is too sick for a transplant. Or, the recipient or donor might develop an infection or some other condition that would need to be treated before the transplant could be done. In addition, the cross-match test is always repeated before surgery, and this may turn out to be incompatible; which would cause the transplant to be cancelled. If this happens, you and your recipient would be counseled about what are the next steps in the process. One of the options may be paired donor exchange.

What is paired donor exchange?

A paired exchange donation consists of two kidney donor/recipient pairs who are not compatible either by cross-match or blood type. The two recipients trade donors so that each recipient can receive a compatible kidney. Once the evaluations of all donors and recipients are completed, the two kidney transplant operations are scheduled to occur. A separate brochure will be offered to you if you are found to be incompatible and are interested in this program.

What if I develop kidney failure later on and need a transplant myself?

Even though living donors are screened very carefully for any risk factors that may put them at risk of developing kidney disease, there have been cases in which living donors needed a kidney later – not necessarily because of the donation itself. The United Network for Organ Sharing (UNOS), the organization that runs the transplant list, ensures that all prior living donors get enough points to go to the top of the transplant list, no matter where in the US they are living at the time.

Please keep this document for your records!



**DONOR WORKUP
CHECKLIST**

There are generally 3-4 visits (minimum) - to complete workup

	STEP	DATE
1	Initial Blood Test (Blood type and compatibility)	
2	Education with Donor Coordinator Medical Testing (full) Evaluation with Social Worker	
3	CAT Scan of Kidneys Evaluation with Donor Nephrologist Evaluation with Donor Surgeon	
4	Cardiac Stress Test (if over 45) Other testing or repeats as indicated	

* Routine exams should be completed or arranged outside of the donor workup if needed.
Pap (all females), mammo (female over 40), colonoscopy (all over 50)

QUESTIONS? Please write them here so you don't forget to ask during your visits.



DEMOGRAPHICS

Legal Name: _____ DOB: _____ Age: _____ Sex: M / F

Address: _____ Apt: _____ City: _____

State: _____ Zip: _____ Home #: _____ Cell #: _____

Work #: _____ Marital Status: _____ Language: _____

Social Security#: _____ Email: _____

Medical Insurance: Yes / No Name: _____ Physician: _____

Highest Education Level: _____ Race: _____ U.S. Citizen: Yes / No

SOCIAL SITUATION AND HABITS

Employed: Yes / No Full Time / Part Time Occupation: _____

Children: Yes / No If yes, how many: _____ Ages: _____

Who would be available to help you after surgery: _____

Do any of your children have any significant health problems? _____

Use of Alcohol: Never / Occasions / Weekly / Daily amount and type: _____

Use of Tobacco: Never / Quit _____ yrs / months ago / Current packs/day: _____

Recreational Drugs: Never / Experimentally / Quit / Rehab: Yes / No / Current use of: _____

Are you being pressured or coerced into donating your kidney? Yes / No

Are you being offered compensation for donating? Yes / No

Is your partner or family aware of your intent to donate a kidney? Yes / No

Is your employer willing to give you time off after donating? Yes / No

Name of person you want to donate to: _____ (First M. Last)

I am their _____ (relationship to patient)

If you are found to be incompatible on your initial blood test, would you be interested in our paired exchange donation program? (See Donor Information Attached) Yes / No

Do you have any concerns you would like to mention? _____

Living Kidney Donor Application Page 2 of 2

MEDICAL HISTORY

Circle One or More

(and give details)

Abnormal Blood sugar / Diabetes Yes / No / Family / Comment: _____

High Blood Pressure Yes / No / Family / Comment: _____

Cancer (Type) Yes / No / Family / Comment: _____

Heart Disease Yes / No / Family / Comment: _____

Kidney Stones /Disease Yes / No / Family / Comment: _____

Chronic Infection (TB) Yes / No / Family / Comment: _____

Seizures Yes / No / Family / Comment: _____

Hepatitis Liver Disease Yes / No / Family / Comment: _____

Ever been told you cannot donate blood? Yes /No Why? _____

List Any Surgeries: _____

Ht: _____ ft _____ in Weight: _____ lbs Blood Type if known: _____

REVIEW OF BODY SYSTEMS

Circle all that apply or NONE

General: Fever Insomnia Fatigue Stress Night Sweats Chills NONE

Head: Vision Problems Hearing Loss Earaches Nosebleeds Frequent Colds

Headaches Frequent Colds Frequent Sore Throat Dizziness NONE

Heart/Lungs: Chest Pain Irregular Heartbeat Shortness of Breath Wheezing NONE

Gastro-intestinal: Nausea Vomiting Diarrhea Constipation Bleeding NONE

Bleeding: Anemia Blood Clots Blood Transfusion NONE

Musculoskeletal: Joint pain/swelling Weakness Back Pain Numb/Tingling NONE

Psychological: Depression Anxiety Psychiatric Treatment NONE

Endocrine: Excessive Thirst/Urination Heat/Cold Intolerance Thyroid issues NONE

Females Only: Last Pap/Mammogram: _____ Results OK Yes/No (Fax/bring copy)

List All Medications: _____

Allergies: Shellfish/ Meds / Food _____

Reactions: _____

Any chronic conditions or problems you would like to mention: _____

Emergency Contact: _____ **Phone:** _____

Signature: _____ **Date:** _____