

## LIVING KIDNEY DONATION

### What is living kidney donation?

Living kidney donation is when a healthy person gives one of their kidneys to someone who needs a transplant. The donor can live a normal life with one kidney, and the person receiving the kidney gets a chance to feel better.



### Types of living donation

- **Directed donation:** A donor — a family member, friend, or even a stranger — gives their kidney directly to you if they are a good match.
- **Non-directed anonymous donation:** A donor gives their kidney to help someone they don't know. They stay anonymous, and the transplant team picks the best match for the kidney.
- **Kidney paired donation (KPD):** If someone wants to donate to you but isn't a match, you can join the KPD program. They donate their kidney to someone else, and you get a kidney from another donor who matches you. This helps more people get transplants.

### What to know about living donation

- **Faster transplant:** A living donor kidney can mean getting a transplant more quickly.
- **Planned surgery:** The transplant can be scheduled at a good time for both donor and recipient, so you can prepare together.
- **Possible shorter dialysis time:** The recipient might need dialysis for less time or not at all, depending on when the transplant happens.

#### *Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



[saskhealthauthority.ca](https://saskhealthauthority.ca)



Saskatchewan  
Health Authority

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### How to find a living donor:

- **Talk to people you know:** Share your story with family and friends you trust. They may want to help or know someone who does.
- **Wear a pin or bracelet:** Wearing something that shows you need a kidney can start conversations with others.
- **Share online:** Posting about your need on social media can reach many people, including strangers who might want to help.
- **Use information cards:** Carry pamphlets or cards about kidney donation to share when someone asks how they can help.



### Things to keep in mind:



- **Start the conversation early:** Even if you're not ready for a transplant yet, talking about it can help people understand your situation.
- **No pressure to donate:** Anyone thinking about donating must contact the transplant office themselves. It's their choice, and there's no obligation.
- **Everyone's choice matters:** The decision to donate is personal to the donor.

### Have questions?

If you want to learn more about living kidney donation, contact us!

**1-844-RENAL-2-U** or email

**[livingkidneydonation@saskhealthauthority.ca](mailto:livingkidneydonation@saskhealthauthority.ca)**

### Other Resources:

For more information, check out these resources:

[blood.ca/en/organs-tissues/living-donation](http://blood.ca/en/organs-tissues/living-donation)

[kidney.org/kidney-topics/becoming-living-donor](http://kidney.org/kidney-topics/becoming-living-donor)

[myhealth.alberta.ca/KidneyTransplant/living-kidney-donation/benefits-and-risks-of-being-a-living-kidney-donor](http://myhealth.alberta.ca/KidneyTransplant/living-kidney-donation/benefits-and-risks-of-being-a-living-kidney-donor)

[ontariorenalnetwork.ca/sites/renalnetwork/files/assets/HowToTalkKidneyDonation.pdf](http://ontariorenalnetwork.ca/sites/renalnetwork/files/assets/HowToTalkKidneyDonation.pdf)

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