

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.



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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

Other Resources:

For more information, check out these resources:

blood.ca/en/organs-tissues/living-donation

kidney.org/kidney-topics/becoming-living-donor

myhealth.alberta.ca/KidneyTransplant/living-kidney-donation/benefits-and-risks-of-being-a-living-kidney-donor

ontariorenalnetwork.ca/sites/renalnetwork/files/assets/HowToTalkKidneyDonation.pdf

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