



# FACTS ABOUT LIVING KIDNEY DONATION

Saskatchewan Transplant Program

THANK YOU FOR CONSIDERING BECOMING A LIVING KIDNEY DONOR



## Here's what you need to know about the process

### What is Living Kidney Donation?

It means choosing to give one of your kidneys to help someone whose kidneys are not working well. You can donate to a friend, a family member, or even to someone you have never met. Kidneys from living donors often work better and last longer than donor kidneys from people who have passed away.

### Why Living Kidney Donation?

When you donate a kidney, you help someone receive a transplant sooner. This gives them a better chance to live a longer, healthier life.

### Who can donate a kidney?

If you are 18 or older, healthy in both body and mind, and want to help make a big difference in someone's life, you may be able to donate a kidney.

### What does Living Kidney Donation involve?

You will have tests like bloodwork and scans. You will also meet with a team of doctors and health experts to make sure you are healthy enough to donate.

### Do I have to be a match for the person I want to donate to?

If your kidney is not a match for the person you want to help, you can join the Kidney Paired Donation program. In this program, you give your kidney to someone else, and your loved one receives a kidney from another donor.

### Will donating a kidney cost me anything?

You might miss work or need to travel. There is a program called the Living Organ Donor Reimbursement Program (LODERP) that may be able to help cover these costs.

### Can I live a long and healthy life with one kidney?

Most donors stay healthy and live as long as people who have not donated.

### How do I become a Living Kidney Donor?

Contact the Saskatchewan Transplant Program at **1-844-RENAL-2-U** (306-766-6475) or email [livingkidneydonation@saskhealthauthority.ca](mailto:livingkidneydonation@saskhealthauthority.ca)

Scan the QR code to learn more!



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