

Dear Potential Donor,

Thank you very much for interest in kidney donation. This document discusses the evaluation process and some specific information regarding kidney donation. Here at Tufts Medical Center, to be considered as a potential kidney donor you need to meet all of the following criteria:

- Healthy adult, over 18 years old
- Free from active infection, including HIV, Hepatitis B or Hepatitis C. In the case of certain infections, you will be evaluated on an individual basis.
- Malignancy free. If there is a history of malignant cancer, you will be evaluated on an individual basis.
- Normal kidney function with two kidneys present
- No history of kidney stones (over 10 years may be okay)
- BMI less than 30 kg/m<sup>2</sup>
- No history of diabetes
- No high blood pressure unless over the age of 50. In this case must be on no more than 1 medication with good management
- No active/ untreated substance abuse

The donor evaluation includes:

- Complete review of medical/ surgical history and physical exam (Done at initial evaluation. Medical records may be requested)
- Blood work (usually done at initial evaluation)
- EKG (usually done at initial evaluation)
- Chest X-ray (usually done at initial evaluation)
- Being up to date on routine age-appropriate health screening: pap smear, mammogram, colonoscopy or stool guaic, PSA etc. (Medical records will be requested)
- Two 24 hour urine collections (usually first is brought to initial evaluation; second is brought to a follow-up visit )
- Microscopic exam of urine (usually collected at initial evaluation)
- Urinalysis and culture (usually collected at initial evaluation)
- Depending on personal or family history: oral glucose tolerance test, stress test, pulmonary function tests (done at a follow-up visit)
- CT Angiogram of abdomen and pelvis (this is usually the last test we perform, because it is the most invasive, requiring IV contrast)
- Meetings with transplant surgeon, social worker, and living donor advocate (usually all on one day, takes about 3 hours total)

These appointments and testing usually entail two to three days of two to six hours each.

All testing/visits/labs completed at Tufts Medical Center, including the surgery, hospitalization and post hospitalization visits are paid for by the recipient's medical insurance. Your routine health maintenance is NOT covered under the recipient's insurance since that testing should be part of your primary, preventative care.

Post-surgery restrictions are as follows: no lifting anything over 15 lbs for 6 weeks and no lifting anything over 30 pounds for an additional 6 weeks. We recommend taking off 6 weeks from work after surgery (less or more depending on nature of your job). Here are some good websites about kidney donation for more information:

[www.transplantliving.org](http://www.transplantliving.org)

[www.nkf.org](http://www.nkf.org)

[www.unos.org](http://www.unos.org)

[www.livingdonorassistance.org](http://www.livingdonorassistance.org)

IF YOU ARE STILL INTERESTED after reading the above information, we can schedule a donor informational meeting. These usually take place on Wednesdays or Thursdays. At this meeting, you will meet with a nephrologist and/or transplant surgeon to learn more about the procedure, risks, recovery, and living with one kidney. You will also get your blood drawn to see if you are compatible with the recipient. This test will determine if you are blood type and tissue type compatible.

Before scheduling you for a donor informational meeting we will need to know a bit more about you and your medical history. Please download our screening form, which can be accessed via the following link:

<https://www.tuftsmedicalcenter.org/patient-care-services/Departments-and-Services/Transplant-Surgery/Information-for-Kidney-Donors.aspx>

Once you have completed the screening form, please email it to us at:

[donateakidney@tuftsmedicalcenter.org](mailto:donateakidney@tuftsmedicalcenter.org)

We will review your form and if, based on this preliminary information, you are found to be a potential candidate for donation, we will contact you.

Thank you again for your interest in kidney donation. It is very much appreciated.

Sincerely,

The Kidney Transplant Team

Tel: 617-636-5592

Email: [donateakidney@tuftsmedicalcenter.org](mailto:donateakidney@tuftsmedicalcenter.org)