



## Ascension St. John

For more information, please visit  
[ascension.org/StJohnTransplant](https://ascension.org/StJohnTransplant) or email us at  
[ASJTransplant@ascension.org](mailto:ASJTransplant@ascension.org).

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### Benefits of living kidney donation

- Living donor kidneys are usually healthier and have a lower risk of rejection than deceased donor kidneys.
- Living donor recipients have a much shorter wait time and are able to schedule the surgery at a convenient time for the recipient and donor.
- Living donor kidneys function twice as long as deceased donor kidneys.
- Kidney function usually improves faster after living donor transplant compared with deceased donor transplants.



#### Living Donor Intake Form

Know a person who would like to donate a kidney? Please share this link with them.

# Living kidney donation

Ascension St. John  
Transplant Center



Ascension  
St. John

The Ascension St. John Transplant Center provides a comprehensive living kidney donation program with a primary focus on the safety and education of the donor.



### A step-by-step guide to the Ascension St. John kidney donation process:

**Step 1:** Donor application begins with a referral via our secure online form, health questionnaire and a review of preliminary qualifications.

**Step 2:** A simple blood test is performed to ensure blood type compatibility with the recipient.

**Step 3:** Medical evaluation and testing includes the following:

- Weight
- Chest X-ray
- Blood pressure
- EKG
- Urine testing
- Abdominal CT
- Comprehensive blood test
- Surgeon consult
- Nephrology consult
- Meeting with Transplant Team

**Step 4:** Multidisciplinary committee review and approval determines if the donor is a qualified candidate for donor surgery.

**Step 5:** Surgery and hospitalization for two to three days is next. Complete recovery can be three to eight weeks, depending on different factors.

**Step 6:** The donor will have follow-up appointments with both the Transplant Center and the surgeon two weeks and four weeks after surgery. There will also be a nephrologist visit at six months, one year and two years; and a primary care doctor visit annually.

*Women who are interested in donating and wish to have children in the future should consult with their obstetrician prior to donation.*

## FAQs about living kidney donation

### What are the requirements to become a living donor?

Generally, donors should be between ages 21 and 65. You should not have any major medical or psychiatric illness and you must not be pregnant. You should not be overweight, although you may still be a potential donor if you lose weight. If you smoke, you must quit at least six weeks prior to surgery. You also must understand the risks of this surgery and comply with instructions for follow-up medical care.

### Is my evaluation covered by medical insurance?

You shouldn't incur any medical expenses related to the evaluation, surgery, hospitalization or immediate post-operative care. These charges are billed to the recipient's insurance company. After

you leave the hospital, some insurance carriers for recipients don't cover medical expenses for donors. We insist that donors have their own medical insurance or agreements with the recipients' insurance companies to cover expenses related to transplant surgery care both in and out of the hospital.

### What are the possible complications?

In any surgery involving general anesthesia, there are possible complications of the anesthesia itself, including heart complications, stroke and blood clots in the legs or lungs. Risks associated with any operation on the abdomen include bleeding, infection and failure of the wound to heal, as well as death. We will discuss these risks in detail during the evaluation.

If a recipient has this blood type:	Then the donor must have this blood type:
A	A or O
O	O
B	B or O
AB	A, B, AB or O