

I'M INTERESTED IN BECOMING A DONOR. WHAT'S NEXT?

A kidney transplant can be a life changing experience for both a person with kidney disease and for a kidney donor. Before donating, the potential donor must undergo an assessment, which usually takes about a year. This assessment process helps us to make sure donation is safe for the donor, while also providing an opportunity to discuss the benefits and risks of donation.

This will help you, as a potential donor, make an informed decision. Living donors can usually get back into their normal routine within a few months of surgery and the Ontario government offers a program that may pay for some of the donor's expenses.

TRANSPLANT FACT

In 2019, 33% of kidney transplant recipients from the PRHC renal program received a living donor kidney.

LEARN MORE

Interested in learning about how to become a living donor?

Learn more at the following websites:

Explore Transplant

Transplant Ambassadors

National Kidney Foundation

Canadian Blood Services

Or contact the Renal Nurse Navigator
at 705-743-2121 x. 3770



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INTEGRATED RENAL CLINIC
Peterborough Regional Health Centre

PETERBOROUGH REGIONAL HEALTH CENTRE
**LIVING KIDNEY
TRANSPLANT**

**THE
BIG
GIVE**

Becoming a live kidney donor

PRHC
Peterborough Regional
Health Centre

LIVING KIDNEY DONATION

Most of us are born with two kidneys but it's completely possible to live a long, normal, healthy life with just one kidney.

Did you know that:

- It is possible to be a live kidney donor!
- There are currently about 4,300 patients in Ontario waiting for a deceased donor kidney. A kidney transplant from a living donor is the best treatment for many people with kidney failure.
- Kidneys from a deceased donor last on average 10 to 12 years. Kidneys from a living donor last on average 12 to 20 years.

WHY BE A LIVING DONOR?

Kidneys from living donors have become an increasingly important resource in treating end-stage kidney disease. Recipients of kidney transplants from living donors enjoy better success rates compared with patients who receive a deceased donor kidney transplant. The waiting time for transplant is much shorter than waiting for a deceased donor transplant.

WHO CAN BE A LIVING DONOR?

People can donate one of their two kidneys if they are in excellent health and older than 18 years of age. A person may donate to a family member, a friend or acquaintance, or a stranger. The donor's blood type must be compatible with the recipient's blood type.



Meet John McGregor

John donated a kidney to his son.

"In 2017, my son's kidneys began to fail him. He needed a transplant to survive. After some rigorous testing, I fit the match as a donor. These are major surgeries and at any point I could have been ruled out or something could have happened. My kidney started working in my son Robert immediately and his appetite was back, his health was back, his energy was back. Three months later Robert was back playing hockey."

Donating a kidney has given John the calling to give back to others going through their kidney journeys. John feels a strong desire to do more to raise awareness about the benefits of transplant, to help others trying to navigate the complex and sometimes difficult transplant path, and to let others know that they are there to help.

**LIVE KIDNEY DONOR AND
PRHC TRANSPLANT AMBASSADOR
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