



Kidney Donor Evaluation

So you want to donate a kidney to a relative or friend. We've done blood tests and know you are compatible. Now we need to make sure donation is safe for you.

EVALUATION

- Two (2) to three (3) visits to Duke may be needed.
- Different Duke Visits are needed to allow time to review your tests.
- If you live a long way from Duke, the first tests may be done closer to home.

WHAT DOES THE EVALUATION INCLUDE?

- You will talk with a social worker or psychologist. This lets you talk about how you feel about being a donor. We want to be sure your hopes about donation and transplant are realistic.
- You will see a nephrologist (a kidney specialist) for a history and physical. They review your test results and examine you. They talk about the risks and benefits to you if you donate a kidney
- You will have blood and urine tests, x-rays, heart tests, and computerized tomography (CT) or computerized axial tomography (CAT) scans. The tests help find out if you are healthy, have good kidney function to safely donate and make sure you do not have infections or cancers that could be harmful to the donor.
- You will see a surgeon. He/she talks to you about the surgery itself and reviews your final X-rays.
- Other tests as needed.
- Women need to have their pap smear/GYN exams and mammogram testing up to date. Most wish to do this with their own doctor.

We can find things at any stage of testing that makes it unsafe for you to donate. We will stop the evaluation at that time. Sometimes we find serious medical problems you did not know about before. You may want to check out and update your insurance coverage before starting a donor evaluation.

While we may make tentative plans for surgery, they are not final until **ALL** tests and doctor's visits are completed.

SETTING UP DONATION AND TRANSPLANT SURGERY

- Surgery is scheduled after the donor and recipient evaluations are done.
- Living Donor Coordinator will talk with you and the recipient about the surgery schedule.
- Can usually happen within 4 to 8 weeks.

PRE-OP SCREENING VISIT

- Usually about a week before the surgery.
- Gets you ready for admission to hospital the day of surgery.
- For long distance donors, we can schedule the visit on the day before surgery.



Duke University Health System Transplantation

For women who are taking birth control pills:

- You will need to **STOP** about **1** month before surgery date.
- Stay off of them for one (**1**) month after the surgery date.
- You need to make other plans to prevent pregnancy during that time period.
- If you are using Depo Provera™ injections call the Kidney Transplant coordinator.

HOSPITAL STAY AND RECOVERY

- You will be in the hospital about **1 ½ to 2** days
- Total recovery for usual activities/work takes about **3 to 4** weeks
- However, everyone recovers differently, some faster and some slower.

FOLLOW-UP CARE

- You will see the surgeon **1–2** weeks after the surgery to make sure your incisions are healing and you are recovering.
- You should plan to see a healthcare provider yearly for a check-up, including your blood pressure and kidney function. These check-ups will need to be covered under your health coverage.

EXPENSES YOU ARE RESPONSIBLE FOR:

- Time away from work.
- Travel to and from the transplant center for appointments and surgery.
- Hotel bills, parking, and meals for family members.
- Prescription and over the counter medicines at the time of discharge.
- Follow-up yearly physicals.
- Some insurance plans may reimburse you for travel and hotel expenses

EXPENSES RECIPIENT IS RESPONSIBLE FOR:

- Transplant evaluation and surgery charges (covered under recipient's insurance or Medicare).
- If you receive bills for the transplant evaluation or surgery, please contact:
 - The Renal Transplant Office and the Donor Coordinator at (919) 684-5859.
 - Once we know you are being billed, we can get the bills sent to the appropriate payer.