



Living Donor

Overview

About this Document

Thank you for exploring living kidney donation. Even considering this step is a remarkable act of kindness.

This guide provides a brief overview to help you understand what donation involves and the support available. It is for general information only and is not an official clinical document.

Your wellbeing comes first, and there is never any obligation to go further than you feel comfortable with.

Previous Webinars

To watch our previously held webinars on topics such as; home dialysis, holiday dialysis, diet and nutrition, and current research. Please use the link below to head over to our YouTube channel.



[Click here for our YouTube Channel.](#)

Donor's lived experience

Meet Rosie, Kidney Wales Ambassador – Hear Her Inspiring Story

In March 2020 my best friend was diagnosed with chronic kidney disease and subsequently told she was in kidney failure, this also coincided with the world shutting down due to covid. I promised her that I'd be by her side through it all, every appointment and every hospital visit.

In August 2020 we were told she would need a transplant. I then went away and got myself tested to see if I was a match and if I'd be healthy enough to donate. After a few agonising months of testing and waiting we got given the news we'd not been allowing ourselves to imagine, I was a match! We had a successful transplant on St Patrick's day in March 2021.

In my role as an ambassador for Kidney Wales I want to be able to show that being a living Donor can have such a massive positive impact on your life and doesn't have to change your lifestyle. I also want to give something back as Kidney Wales gave us so much help and guidance through the transplant process and initial diagnosis.



FAQ's

What if I change my mind?

You are free to stop the process at any point. Your decision will be respected and kept confidential, and you will still be supported.

How long is the recovery?

Most people need around 4–12 weeks to recover, depending on their health and the type of work they do. Your medical team will give you clear guidance tailored to you.

Will donating affect my future health?

Living with one kidney is generally safe for healthy people. Before donation, you will go through thorough health checks to ensure it is safe for you. You'll also receive follow-up care afterwards.

Will I need to take medication for life?

No. Donors usually do not need long-term medication after donating. However, you may be advised to make some lifestyle changes, like maintaining a healthy weight and avoiding smoking.

Can I still have children after donation?

Yes. Many donors go on to have children. Your medical team will discuss timing and any considerations with you.

What happens if I'm not a match?

If you are not a direct match, you may be able to take part in a paired or pooled donation scheme, where your kidney is matched with another patient, and in return your loved one receives a suitable kidney.

Helpful Resources

- **NHSBT Living with one Kidney**
- **Kidney Care UK Donating a kidney (living kidney donation)**
- **NHS Organ Donation - Donating your kidney**
- **Betsi Cadwaladar Living Kidney Donation Programme**
- **NKF Living donor Information**
- **Reimbursement of Living Donor Expenses**
- **Carla's journey - receiving a kidney donation from her sister**
- **Donate a Kidney to Someone You Don't Know**