

# Kidney Transplant

## True or False

A kidney donor and recipient must be related by blood.	<b>FALSE</b>	<b>The Truth:</b> A donor and recipient don't have to be related by blood. People can donate to family members, friends or even strangers.
Kidney donors have to take medicine for the rest of their lives.	<b>FALSE</b>	<b>The Truth:</b> A kidney donor will only need pain medication and stool softeners for a short time after surgery. After that time, a donor doesn't have to take medication.
A kidney donor doesn't need the same blood type as the recipient.	<b>TRUE</b>	<b>True!</b> A donor's blood type may not be the same as the recipient's, but it may still work well. For example, a person with type A blood can donate to a person with type AB blood.
A living kidney donor can't be older than 60.	<b>FALSE</b>	<b>The Truth:</b> A living kidney donor can be older than 60 and have no problems from surgery. The kidney from a donor older than 60 can work very well.
A kidney donor will usually be in the hospital for about 2 nights after surgery.	<b>TRUE</b>	<b>True!</b> A kidney donor is usually in the hospital for only two nights. For example, if surgery is on a Tuesday, the donor will most likely leave the hospital on Thursday.

A kidney donor can no longer play sports or exercise.	<b>FALSE</b>	<b>The Truth:</b> A kidney donor should be able to return to regular activities, including sports and exercise, at about 4 to 6 weeks after surgery.
A female kidney donor can get pregnant after donation.	<b>TRUE</b>	<b>True!</b> This is true, although the donor should wait 3-6 months after donation to become pregnant. The body needs time to recover from the surgery and to adjust to living with one kidney before pregnancy.
A kidney donor's sex life will be negatively affected by donation.	<b>FALSE</b>	<b>The Truth:</b> A kidney donor can be sexually active when they feel well enough. Sexual libido won't be affected by donation.
A kidney donor must be about the same age as the recipient.	<b>FALSE</b>	<b>The Truth:</b> Research has shown that transplants can work well when there's an age difference between the donor and recipient.
A kidney donor won't have to change their diet after donation.	<b>TRUE</b>	<b>True!</b> There are no dietary restrictions after donation. A kidney donor can eat anything, but like everyone, should follow a healthy, well-balanced diet.

<https://www.ssmhealth.com/SSMHealth/media/Documents/conditions-treatments/transplant/ssm-health-saint-louis-university-hospital-living-kidney-transplant-booklet.pdf>