

Passport for living kidney donors



Welcome to St. Michael's Living Kidney Donor Program!

We look forward to working with you. Use this passport to keep track of each step in this journey as you consider kidney donation.

Remember that you are the most important part of the team in this journey. If you have questions or concerns at any time, do not hesitate to contact us.

61 Queen Street East, 8th Floor

Toronto ON M5C 2T2

Tel: 416-867-3676

Email: **LiveDonorTeam@smh.ca**

Website: **kidney.to**

My living donor team

The living donor team is here to guide you through the kidney donation process. Our role is to be your advocate at all times and help you achieve the best possible physical, psychological and spiritual health.

Administrative assistant

Name: _____

Phone: _____

Nurse coordinator

Name: _____

Phone: _____

Social worker

Name: _____

Phone: _____

Nephrologist (kidney specialist) or nurse practitioner

Name: _____

Phone: _____

Urologist (kidney surgeon)

Name: _____

Phone: _____

Primary care provider

Name: _____

Phone: _____

Peer support person

Name: _____

Phone: _____

Compatibility

My blood group is: _____

My intended recipient's blood group is: _____

The living donor team has talked to me about the following options for donating a kidney:

- Direct donation
- Kidney Paired Exchange Program (KPD)
- ABO-incompatible donation
- List exchange
- Anonymous donation

Deciding about kidney donation

It is always up to you to decide if donating a kidney is the right decision. You should not feel pressured or receive any money or gifts for donating.

You can change your mind at any time in the process. If you want to stop the process, please let us know so we can close your file. At a later time, if you want to restart the donor process, contact us.

Peer support programs can connect you with people who have donated a kidney. For information about peer support, visit:

- Kidney Foundation of Canada
[kidney.ca/peer-support](https://www.kidney.ca/peer-support)
- Transplant Ambassador Program
[transplantambassadors.ca](https://www.transplantambassadors.ca)

My appointments and tests

We have limited appointments available. If you cannot come to an appointment, please call to reschedule as soon as you can.

Step 1 – Initial screening

- Health questionnaire
- Blood test to check blood group

Step 2 – Medical tests and education

Please note: This is a list of the most common tests. You may need more tests depending on your age, risk factors or findings from your medical tests.

Tests at St. Michael's Hospital:

- Blood test and urine tests
- HLA blood test (tissue typing or cross match)
- Chest x-ray
- Visit with nurse coordinator, check blood pressure and sign live donor consent agreement
- Group education session – virtual
- Kidney scan (depending on 24-hour urine test results)

Tests outside of St. Michael's Hospital:

- 1st set of blood and urine tests (must be fasting), includes 24-hour urine collection and 2-hour glucose tolerance test
- Abdominal ultrasound (must be fasting)
- Physical exam with your family doctor, mammogram and pap test (if applicable), and colon cancer screening (for anyone over 50)
- Cardiac tests (depending on age and risk factors)

Step 3 – Visits with living donor team

- CT scan at St. Michael's
- Visit with nephrologist or nurse practitioner
- Visit with social worker

Step 4 – Preparing for surgery

- 30-day health questionnaire
- Final cross-match, blood and urine tests
- Visit with surgeon
- Education before surgery and final physical exam with nurse coordinator

- Visit with anesthesiologist, pre-admission clinic and COVID-19 test

Planning

My surgery date is: _____

- I have told my employer I will need to be off from work for at least 4 to 6 weeks after surgery.
- I have talked to these people about helping me at home after surgery:

Name: _____

Name: _____

Name: _____

Finances

While I am off from work, I will cover basic living expenses using:

- Short term disability insurance through my workplace
- Employment Insurance (EI) sickness benefits
- Other: _____

Please note: bring your work insurance forms with you to your surgery. Be sure the forms are signed by the doctor before you leave the hospital.

The Program for Reimbursing Expenses of Living Organ Donors (PRELOD) is available to help with some of the costs of being a kidney donor.

Not everyone and not all expenses qualify. Visit **www.giftoflife.on.ca** or talk to your social worker for details.

Make sure to keep all your receipts.

My eligible expenses for PRELOD are:

- None
- Loss of income
- Travel or parking
- Accommodation or meals

Step 5 – After surgery

- Visit with surgeon (usually in 2 weeks)
- Blood test 1 or 2 weeks before seeing the nephrologist or nurse practitioner
- Visit with nephrologist or nurse practitioner (usually in 3 months)

After donating a kidney, I will keep myself healthy in the long term by:

- Having my blood pressure and blood tests checked by my family doctor every year
- Maintaining a healthy weight
- Making healthy food choices (follow Canada Food Guide)
- Exercising at least 150 minutes per week

To learn more about your kidney donation journey,
visit our website: **kidney.to**

Unity Health Toronto cares about your health. For health information you can trust, visit us online at **unityhealth.to/learn**.

This information does not replace the advice you receive from your health care provider. If you have questions, ask your health care team.