Facts About Kidney Donation

Learn Why Living Donation is Your Best Option

Having a living donor can reduce your wait time to weeks, instead of years. Living donor kidneys function better and last longer than deceased donor kidneys. Let’s clear up some common myths about kidney donation.

Myth #1: A kidney donor needs to be related to the recipient.

Fact: Anyone may consider kidney donation. A kidney donor can be a friend, spouse, acquaintance, or someone who does not know the recipient.

Myth #2: A kidney donor will have to take medications for the rest of their life.

Fact: A kidney donor does not need transplant medications. Only people who receive a transplant need to take anti-rejection medications. Shortly after surgery, donors may take pain medications, stool softeners and nausea medicine.

Myth #3: A kidney donor will have severe pain for a long period of time.

Fact: It is normal for a kidney donor to have some pain after surgery for the first several days. This pain will gradually improve and can be controlled with pain medication.

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CHRISTIANA CARE HEALTH SYSTEM

Kidney Transplant Program
**Myth #4:** A kidney donor will be on bed rest after surgery.

**Fact:** Both the kidney donor and recipient will be out of bed and walking independently before discharge from the hospital.

**Myth #5:** A kidney donor will be in the hospital for a long period of time after surgery.

**Fact:** A kidney donor is typically in the hospital for three to four days.

**Myth #6:** If I don’t tell anyone about my kidney disease, I can still get a living donor kidney.

**Fact:** You need to tell others about your wish for a living donor. If you don’t educate friends, family, church members and others about how they can help, you will not get a living donor kidney. Living donor kidneys can last twice as long as a deceased donor kidney.

**Myth #7:** Kidney donors will eventually need dialysis or have a shorter life.

**Fact:** It has been shown that living kidney donors can live longer and healthier than most people. They are educated on healthy living through the donor process and their kidney health can be monitored for years after they donate.