



MedStar Health

MedStar Georgetown
Transplant Institute

Guide to **living donor** **kidney transplant.**

It's how we
treat people.

MedStar Georgetown Transplant Institute living donor kidney program.

Thank you for your interest in the kidney program at MedStar Georgetown Transplant Institute, where we provide expert care for end-stage kidney disease and complications of diabetes.

From medical management and surgical treatments to tumor removal and organ transplant, our experienced team of specialists guides patients and families through diagnosis, treatment, and recovery. Our goal is to improve both our patients' health and quality of life by providing the right treatment and, when needed, helping patients to get the transplants they need more quickly.

Our multidisciplinary team of nationally known surgeons and physicians, transplant coordinators, social workers, and dietitians help patients and their loved ones through the transplant process. More than 100,000 people in the U.S. need a new kidney. The average wait time for a deceased donor kidney can span six to eight years—that's a long time to wait. MedStar Georgetown Transplant Institute's living donor kidney program can dramatically reduce the wait time.

MedStar Georgetown Transplant Institute: Performance and experience matter.

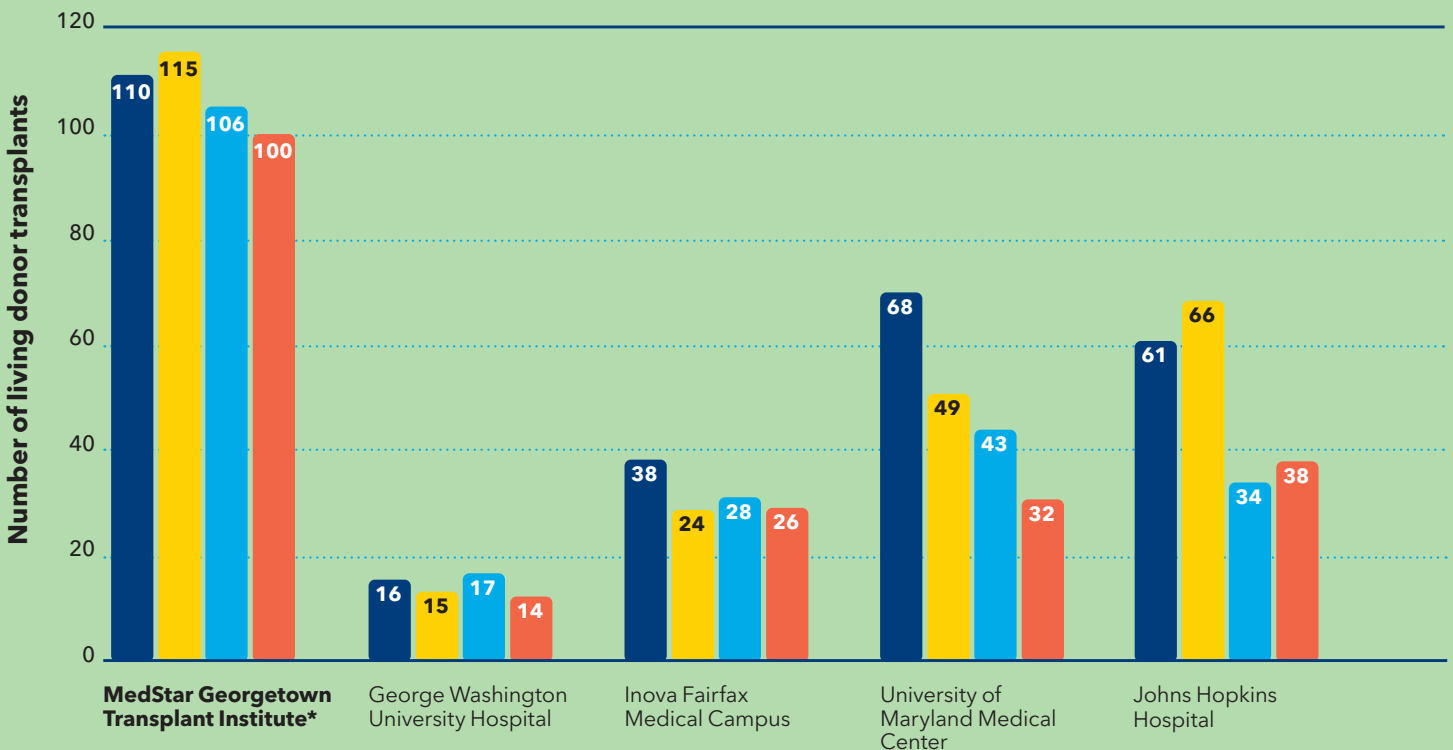
- 100 living donor transplants in 2021. For the last four years in a row, we've performed more living donor kidney transplants than any other area hospital.
- Second largest paired kidney exchange (PKE) program in the National Kidney Registry (NKR), matching live donor kidneys with the ideal recipient.
- Ranked 10th in the country for volume of kidney/pancreas transplants.
- Only D.C.-area hospital that partners with the NKR for extended donor protections and benefits.

Read on to learn about the MedStar Georgetown Transplant Institute transplant process, the evaluation, and our living donor program.

We perform far more living donor kidney transplants than any other program in the area.

2018 to 2021 living donor kidney transplant volumes.

■ 2018 ■ 2019 ■ 2020 ■ 2021



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Scan these codes to find resources for living donors and kidney transplant recipients.



Links to Patient Resources



Become a Living Donor



Create a Personalized Webpage



Request an Evaluation

Some of the photos in this brochure were selected prior to the COVID-19 pandemic. All patients and providers are expected to follow current MedStar Health guidelines for safety, including proper masking and physical distancing.

Understanding end-stage kidney disease.

When your kidneys no longer work properly the condition is called end-stage kidney disease (ESKD). People with ESKD have two treatment options to manage the disease: dialysis and kidney transplantation.

These questions and answers are designed to help you understand your options and learn more about transplantation. It's also important to discuss your options with your doctor, who is familiar with your medical history and can answer any questions you have.

How is a kidney transplant better than dialysis?

Both dialysis and transplantation are a means to manage a patient's end stage kidney disease. Dialysis is a way to replace certain functions of the kidney, including removing waste products, controlling volume status, and balancing electrolytes.

The two main types of dialysis are hemodialysis and peritoneal dialysis. Hemodialysis in most patients is done in the dialysis center, though home hemodialysis is available. Peritoneal dialysis is a therapy done at home.

Regardless of the type of dialysis, there is the requirement for dialysis access placement and maintenance, which can be complicated by infection and loss of access function. Dialysis also requires time, for instance, three to four hours in the dialysis unit during hemodialysis, that interrupts and reduces the quality of life.

A kidney transplant is a surgical procedure. A healthy kidney from a living or deceased donor is implanted in your body. The new kidney filters waste and excess fluid constantly, which means most transplant recipients do not need to follow diet and fluid restrictions. People who undergo a kidney transplant must take medications every day to keep their new kidney healthy and functioning properly. Once functioning properly, this procedure relieves the patient from having to undergo dialysis, and most patients often report that their quality of life improves.

The benefits of living donor kidney transplantation.

Living donor transplants offer recipients several benefits, including:

- Shorter wait time to transplant
- The ability to schedule transplant surgery when the recipient is in the best medical condition and when it's convenient for the donor
- Quicker full functioning of the donated organ
- Improved long-term outcomes and longer life of the kidney

While you are looking for your living donor, your name will be placed on the national waiting list for a deceased donor organ.

How long is the wait for a living donor transplant?

The wait time for a living kidney donor transplant is usually much shorter than for a deceased donor transplant. Wait times of just a few months are common. Once a donor is found, the transplant surgery will be scheduled as soon as possible.

Who can be a living donor?

Many people can be a living donor. It does not need to be a relative, and you should not narrow your search to a particular blood type. The transplant team can talk with you about how to share your story and get the word out to potential donors, including how to use the free personalized web pages provided by MedStar Georgetown Transplant Institute in partnership with the National Kidney Registry.

If donors live in parts of the United States that are not close to Washington, D.C., it is easy to conduct most of their evaluation by telehealth visits online. Labs and testing can be done near their home, and usually candidacy can be determined without having to travel.

Living donors must make their donation voluntarily and cannot be paid for their donation. Potential donors undergo tests to make sure they are healthy enough to donate and talk with the transplant team social worker about the psychological and emotional side of donation.

What is paired kidney exchange?

MedStar Georgetown Transplant Institute participates in paired kidney exchange programs that increase the availability of living donor kidneys and decrease wait times. There are two types of exchanges—incompatible paired kidney exchanges and compatible paired kidney exchanges. In incompatible paired kidney exchanges, the donor's and recipient's blood and/or tissue types do not match. In compatible paired exchanges, the donor's and recipient's blood and tissue types are compatible, but there is the possibility of finding a more appropriate kidney.

In each case, the original donor kidney goes to a new recipient, while a new kidney from a different appropriate donor goes to the original recipient.

What should I do to be considered for a kidney transplant?

The first step is to contact the MedStar Georgetown Transplant Institute kidney transplant coordinator to schedule a transplant evaluation. You do not need a doctor's referral for the evaluation, although your nephrologist will share your medical records with the evaluation team in most cases. If you're already listed at another transplant center, you can still be evaluated and listed at MedStar Georgetown Transplant Institute and can transfer your waiting time from the other center.

Can I be evaluated before starting dialysis?

Yes. You can be evaluated and listed for a transplant once your kidney function is below 20%, even if you are not on dialysis. In fact, our kidney transplant specialists recommend that you schedule an evaluation before starting dialysis if you're interested in transplantation. Even if you haven't reached ESKD and if your glomerular filtration rate (GFR) is 25 or less, starting the discussion about transplantation early can give you time to learn about all your options before you need dialysis.

What kind of tests are included in the evaluation?

The evaluation includes:

- Medical history
- Physical exam
- Psychosocial exam
- Kidney function test
- Blood and tissue typing
- Antibody test
- Blood tests to check the function of your heart, liver, and immune system and screen for certain diseases
- Chest X-ray
- Nutrition evaluation
- Dental exam
- Heart tests, including an echocardiogram, electrocardiogram, and stress test
- Cancer screenings
- Gynecological exam for women



An MRI is one test that might be included when you are being evaluated for a kidney transplant.

While you're on the waiting list for a kidney transplant, some of these tests will be repeated on a regular basis. In addition to medical testing, all patients in need of a transplant undergo a psychosocial evaluation with the transplant social worker. This helps the team assess your emotional preparedness for a transplant and determine whether you have the social support you'll need to care for your new kidney. You will also meet with our registered dietitian who will assess your nutrition and a financial coordinator who will research your insurance coverage and explain the costs associated with a transplant.

Is there an upper age limit for transplantation?

No. The transplant team decides whether a patient is a good candidate for transplantation based on the results of the evaluation. Nationally, most transplant candidates are 50 or older.

What to expect during your evaluation.

Your evaluation will last four hours. To be as prepared as possible, you should bring the following to your evaluation:

- Your support person/people
- Insurance cards
- Identification, such as a driver's license or government-issued I.D.
- A list of all medications you take
- Health history forms you've been asked to complete

Are there medical conditions that rule out transplantation as an option?

The transplant team will determine which medical conditions may limit your candidacy for a kidney transplant and the team will explain these in your evaluation. In general, health problems or medications that limit your ability to undergo surgery will limit your ability to receive a transplant.

In some cases, even though you may not be considered a candidate now, you may be reconsidered if your health improves, (e.g., if your cancer goes into remission or you consult a specialist for a required clearance prior to surgery).

Does a history of drug or alcohol misuse affect transplant decisions?

If you are no longer misusing substances or are making good progress in treatment, you may qualify for the transplant waiting list. As part of the evaluation, a social worker will meet with you to help determine how your current health status may impact your ability to care for a new kidney in the long-term.

Do I need a stable housing situation to be considered for transplantation?

It is best if you have a stable housing situation so the transplant team can contact you about appointments and any organs that become available after you've been listed for transplant. You will also need stable housing to recover after surgery. The transplant team social worker will discuss options for living arrangements with you as needed.

Do I need health insurance when I'm evaluated?

The cost of a transplant and the medications you'll need to take to keep your new kidney healthy are significant. You'll need insurance to help you afford those costs before, during, and after transplantation. Our transplant financial coordinator will work with you to find and apply for the insurance you'll need.

What other information will the transplant team need?

During your evaluation, the team's social worker will talk with you to make sure you can understand and follow medical instructions. They'll also ask what social support you have from family, friends, and caregivers to help with getting to medical appointments and staying on track with your medications.

If you're accepted by the transplant program, you'll need to provide your contact information and information for a backup person in case we can't reach you when an organ becomes available.

Can I be evaluated and listed at more than one program?

Yes. You can be evaluated and listed at more than one program and can transfer your waiting time from other programs to MedStar Georgetown Transplant Institute.

Preparing for your transplant.

While you're on the waiting list or searching for a living donor, the transplant team will monitor your health and help you take any steps needed to ensure you're healthy enough for the transplant when an organ becomes available. You may need to make lifestyle changes such as losing weight, exercising, and not smoking, drinking alcohol, or using recreational drugs.

In addition, you should:

- Take all your prescribed medications.
- Involve your social support people in your transplant appointments and keep them up to date about your progress with transplant.
- Keep all appointments with the transplant team physicians.
- Follow all diet and exercise guidelines outlined by the transplant team.
- Maintain open lines of communication so the team can reach you if an organ becomes available, for example, keeping your cell phone on at all times or having voicemail. The team may also ask you to remain within a certain distance of the transplant center.
- Stay in touch with your transplant team to check your waiting list status and to share any information about changes in your health, insurance, where you live, or your contact phone numbers.

If you're a woman of childbearing age, talk with the transplant team about birth control and pregnancy and what precautions you should take before and after your transplant.

What happens after my transplant?

You will need ongoing treatment to keep your new organ healthy. You will take medication every day to prevent organ rejection and have follow-up appointments with the transplant team to check your kidney function and overall health.

The typical schedule is:

Month 1: Two visits per week

Months 2 to 4: One visit per week

Months 5 to 12: Visit every two to four weeks

We will continue to see you in clinic after the first year as well. During this period, the transplant team will keep your nephrologist informed of your progress. Eventually, your nephrologist will resume the role of primary caregiver.



Alexander Gilbert, MD, Transplant Nephrologist, checks on a patient.

Creating a webpage and using social media to find a living donor.



Social media helped Laurel W. find a kidney donor.

A personalized website can help you find a kidney donor.

The average waiting time for a deceased donor kidney in the U.S. is five years but having a living kidney donor can significantly shorten the time you will wait for your transplant. To start the process of finding a living donor, talk with family, friends, and co-workers and share your story.

You can also expand your search for a living donor online with a personalized donor search website. MedStar Georgetown Transplant Institute, in partnership with The National Kidney Registry, offers a free microsite (webpage) to people searching for a living kidney donor. The site gives you the chance to share your story with a wider audience, which can help you find a donor more quickly.

How it works.

- Inform your MedStar Georgetown Transplant coordinator that you are interested in creating a personalized kidney donor search website.
- The coordinator will email you a link inviting you to set up your site.
- First, you'll create a starter webpage. The site will have a unique web address, generic text, and no pictures. This will be a placeholder until you create your custom site.
- Once the starter site is set up, you'll receive an email with a link to create your personalized site. Write your story, upload at least one picture, and submit your custom microsite to the transplant coordinator for review.
- The coordinator will review your site and either approve it or ask you to make changes.
- Once your site is approved, it will replace the starter site. Your custom site will have the same web address as your starter site. You'll receive a confirmation email when the custom site is up and running.
- Share the link to your site on your social media to spread the word. You'll also receive 250 business cards with your name and the address of your site to share with anyone interested in learning more about living donation.

Tips to help you create a great site:

- **Tell your story.** Show your website visitors what your life is like and what you've done so far to find a donor. Share your hopes and dreams and what you plan to do after your transplant.
- **Explain why you're looking for a donor.** Keep it positive and mention wanting to increase your quality of life, enjoy time with family and friends, or even travel more.
- **Proofread!** Check spelling and grammar before you submit your site.
- **Don't offer any payment or compensation.** Under the National Organ Transplant Act, it is illegal to purchase a kidney or offer any sort of payment or compensation for the donation.

A Facebook post helped Laurel find her kidney donor.



For 13 years, Laurel W. had been living with unremitting pain caused by polycystic kidney disease (PKD), a genetic disorder that causes cysts on the kidneys. When kidney failure became imminent, her nephrologist told her the best place to undergo her transplant was MedStar Georgetown Transplant Institute. Laurel's next hurdle was finding a living kidney donor.

She shared her search with her friends on Facebook to expand the pool of potential donors. "The idea of using Facebook wasn't even really about asking for a kidney," she says. "My goal was to get my story out there so people could learn about what I was going through, and hopefully, they would share my story with their friends so I could reach even more people, increasing my odds of finding a donor." Laurel's social media outreach quickly bore fruit. Gary S., who Laurel had met through a German Shepherd rescue group, got in touch and offered to be Laurel's donor.

Gary had donated platelets dozens of times and was listed as an organ donor on his driver's license, but he had never considered living organ donation. "I had no idea you could donate a kidney," says Gary. "I saw what she was going through and wanted to help. I learned that the risks were minimal to me and the benefits to her were so huge. It was not a tough decision."

"With more than 90,000 people on the waiting list for a kidney in the U.S., a kidney from a living donor is the best option," says Matthew Cooper, MD, director of Kidney and Pancreas Transplant. "Organs from living donors last longer. The transplant can usually be done sooner and can be scheduled at the donor and recipient's convenience."

"Using social media to share my story made all the difference in my search for a donor. If I had shared my story, Gary never would have known I needed a kidney and I might still be waiting for a transplant," says Laurel.

Living donor compatible exchange and the Kidney for Life program.



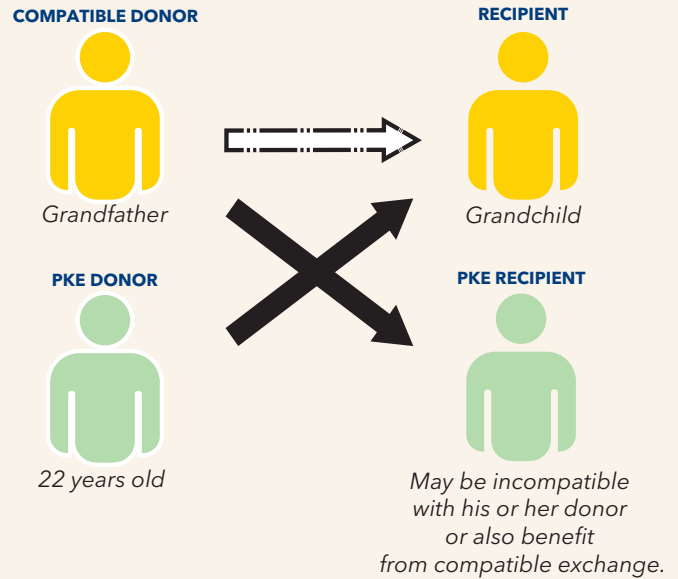
A paired kidney exchange saved Kenneth H.'s life.

What is a compatible paired exchange?

A compatible pair is a donor and recipient who are blood type and HLA (tissue type) compatible and could proceed directly to transplantation. The compatible pair enters the paired kidney exchange (PKE) for the possibility of finding a better age or HLA-matched donor, and the knowledge that multiple transplants are likely to occur based on a single donation. Better matched pairs lead to improved long-term results for the recipient.

An example of a compatible pair would be a grandfather and grandchild. The exchange would involve finding a younger compatible donor for the grandchild and the grandfather's kidney being transplanted in another patient who has an incompatible donor.

How compatible paired donation works.

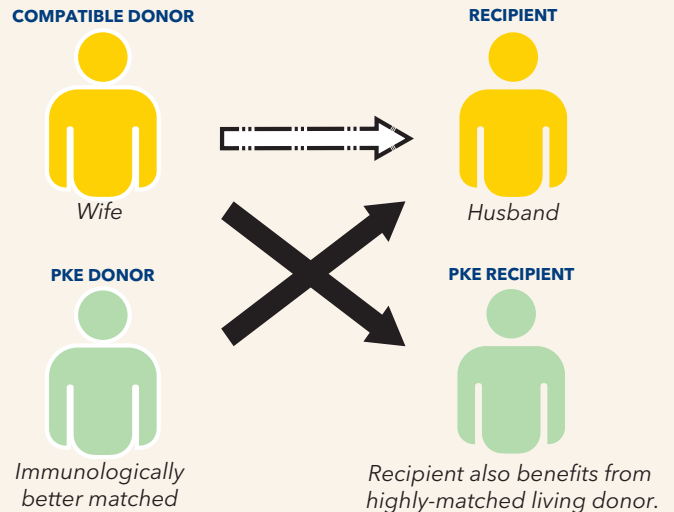


The benefits of compatible paired kidney exchange.

MedStar Georgetown Transplant Institute is a member of the National Kidney Registry (NKR) and an active participant with compatible paired kidney exchange. Compatible pairs can benefit by finding an even more suitably matched donor. More importantly, compatible pairs allow other incompatible pairs who may not otherwise receive a kidney transplant to find a compatible match within the larger group of potential donors. A compatible pair will generally facilitate between one and 10 additional transplants.

MedStar Georgetown Transplant Institute and the NKR are now using eplet matching to find more compatible organs for our recipients. Eplets are an even more precise way to see if a patient "matches" another person. Using this new technology, recipients may need less immunosuppression medication after transplant, may have fewer complications from antibodies and rejection, and may keep their transplants longer. Eplet matching is a critical component of the NKR and the MedStar Georgetown **Kidney For Life** program, the goal of which is to prolong the life of the kidney transplant for as long as possible. Compatible pairs are encouraged to join the exchange program to benefit from this cutting-edge approach to transplant.

How eplet matching works.



Paired kidney exchange saved his life.

At first, the signs were subtle. Kenneth H. noticed he was always tired and felt nauseated frequently. He had been diagnosed with stage 2 kidney disease in 2013, and his condition had remained fairly stable for several years, but these new symptoms were a sign that his kidneys were failing.

Routine blood work at a nephrologist appointment indicated his kidney function tests were abnormally high. The tests were repeated the next day, with the same results. "My doctor told me to go the ER immediately because my kidneys had failed," Kenneth remembers. "It was a shock." He started dialysis and began his search for a kidney donor. A MedStar Georgetown Transplant Institute social worker suggested he use his social networks to expand the search. He was surprised when he got an email from Melissa G., a former co-worker, saying she'd be willing to donate one of her kidneys. "I'm a recovering alcoholic and as part of my recovery I wanted to give back. This was a chance to give life. I had no hesitation," explains Melissa. Melissa went to the Transplant Institute and was evaluated. "When I called Ken to tell him I was compatible and had a healthy kidney, I could hear the relief in his voice," adds Melissa.

Although Melissa was a match, the pair was offered another opportunity. The kidney transplant program coordinator suggested that Kenneth consider a compatible paired kidney exchange. Melissa and Kenneth agreed to this plan knowing that Kenneth would still get a great living donor kidney, and their participation would allow several other people to get transplants as well.

Kenneth's transplant was a complete success. "I have so much more energy. My wife even said I look better now than when we first met," Kenneth says.

"Melissa has a great heart," adds Kenneth. "She's my hero."



Exclusive living kidney donor protections.



Kylie W.'s kidney donation through the paired kidney exchange program helped two people get the kidneys they needed.

Living donor protections and benefits.

MedStar Georgetown Transplant Institute is the area's only National Kidney Registry Donor Shield program participant. The program provides a safety net for living kidney donors through a range of protections.



Donors who undergo surgery at MedStar Georgetown Transplant Institute **will qualify** for the following protections through the National Kidney Registry:

- **Lost wage reimbursement** for up to six weeks.
- **Donation life insurance** with a \$500,000 principal sum covering a period of 365 days post donation.
- **Donation disability insurance** for \$1,500/week (maximum up to 52 weeks).
- **Financial protection coverage** for uncovered donor complication costs.
- **Legal support** (e.g., unlawful termination from work, health insurance termination or premium increase, etc.)
- **Travel, lodging, and mileage reimbursement** up to \$3,000 for donors and their support person/travel companion. Driving expenses are reimbursed at the IRS mileage rate and lodging covers a hotel near MedStar Georgetown Transplant Institute.

Her kidney gave two people a chance at a healthier life.

Kyllee W. is the kind of person who has always gone the extra mile for those in need. The 32-year-old 911 dispatcher and mother of two is an active community volunteer, working with a variety of organizations, including Special Olympics. When her mother mentioned that a friend needed a kidney transplant, Kyllee was interested in helping. The friend's Facebook page included information on how to apply to be a donor. Kyllee filled out the application and got a call from MedStar Georgetown Transplant Institute the next day. "I talked with the transplant coordinator and decided to proceed with the process," she says.

While the results of the evaluation revealed Kyllee was a match, she was offered another opportunity. "The transplant coordinator asked if I would do a paired kidney exchange and explained that my kidney would go to another recipient in need while my mother's friend would receive a kidney

from another donor, allowing more transplants to happen," she adds.

Kyllee underwent laparoscopic surgery to donate her kidney. Once home, she was off work for about two weeks recovering, and during that period, her wages were reimbursed through the National Kidney Registry's Donor Shield program. "While it didn't affect my decision to be a kidney donor, having the wage reimbursement and knowing that, if I ever need a kidney transplant, I'll have priority on the waiting list is a great safety net," Kyllee says.

"I would tell anyone considering kidney donation to go for it. I have given two people the chance at a healthier life and made new friends along the way. If I had a third kidney to spare, I would go right back on the operating table," she adds.



Advanced donation program.



Amir R. donated a kidney through the advance donation program, making it possible for his father and another person in need to get a kidney transplant.

Advanced donation program.

MedStar Georgetown Transplant Institute partners with the National Kidney Registry and participates in its Advanced Donation Program (ADP). ADP allows a donor to donate on a specific date even if the intended paired recipient is not ready for transplant. The intended recipient then will receive a kidney when the time is right.

What is the Advanced Donation program?

The Advanced Donation Program is a paired exchange program where the donor and recipient operations can be separated in time. This flexibility in timing allows the donor to choose a convenient time frame for surgery, with their donated kidney going to a recipient in immediate need at that time. The intended recipient will be prioritized for transplantation using another donated kidney when he or she needs transplant surgery.

Reasons to consider ADP.

- Intended recipient not ready for transplant, but donor may not be able to donate in the future
- Donor would like to schedule donation to accommodate work, leave time, or other life events
- Logistical issues for donor
- Donor and recipient are spouses or family members and it will be difficult to be recovering from surgery at the same time

What are the advantages?

- Q.** Can advanced donation help me if I'm trying to donate to my brother but I am leaving for work overseas in a few months?
- A.** Yes, you can make the donation when it's convenient for you. You can donate now to a participating recipient, and your brother can receive his transplant from a different participating donor later when he is ready.
- Q.** My best friend's son needs a kidney, but not for several years. I'm worried I might not be healthy enough at that time. Can advanced donation help me?
- A.** Yes, you can designate the intended recipient as a voucher recipient and he will be given priority in the future for a transplant from another matched donor. Plus, you'll be helping someone who needs a kidney now.

Are there any requirements or disclosures?

All potential living donor candidates must be approved medically by the Living Donor Committee. In addition:

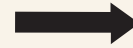
- The ADP donor and recipient must complete and return the consent forms to apply for ADP participation.
- We encourage you to read the published short-term ADP and voucher ADP case reports. You can read the reports by visiting [KidneyRegistry.org](https://www.kidneyregistry.org).
- The ADP donor and intended recipient can be at different centers, but those centers must both be NKR ADP participating centers.
- Keep in mind that appropriate matching must occur between a potential donor and recipient in order for the voucher to be redeemed.

How ADP Works

PRESENT:



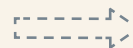
DONOR 1
(Ready to donate to Planned Recipient.)



NEW RECIPIENT
(In need of transplant now. Receives Donor 1 organ.)



VOUCHER
(To be exchanged when transplant is needed.)



PLANNED RECIPIENT
(Not yet in need of transplant. Receives voucher.)

FUTURE:



DONOR 2



ORIGINAL PLANNED RECIPIENT
(Exchanges voucher. Receives organ from Donor 2.)

Through advanced donation, a son helps his father get the kidney he needs.

In March 2018, 58-year-old Ivan J. was surprised to hear he had end-stage kidney failure and needed a transplant. His 20-year-old son Amir R. didn't hesitate to offer to donate one of his kidneys.

Unfortunately, their blood types were incompatible. The MedStar Georgetown transplant team suggested he participate in the paired kidney exchange program. Through the program, his kidney would be transplanted into someone with compatible blood and tissue types and his father would receive a kidney from another compatible living donor.

While Amir liked the idea, there was another complicating factor. He had been admitted to a research program at Princeton University that started in June and the date of his father's transplant was unpredictable.

Fortunately, they were able to participate in the Advanced Donation Program through the National Kidney Registry. Amir donated a kidney on his father's behalf by scheduling his surgery before his summer program. His father then received a voucher for a kidney from a living donor in the future.

In October, a living donor was found for Ivan. On November 14, about five and a half months after Amir's donation, Ivan had his kidney transplant.

"At first I was frustrated that I couldn't be a direct donor to my dad," says Amir. "But after realizing I could help not only him, but also someone else, it was a real moment of gratitude for me. I'm just so grateful for this opportunity that allowed me to continue with my plans and for my dad to receive a kidney from a living donor."



Non-directed living kidney donation and the Family Voucher program.



A podcast inspired Josh J. to become a non-directed kidney donor.

What is non-directed kidney donation?

Some non-directed donors initially want to donate to a specific person, but the recipient may have another donor or another reason they cannot move forward with transplant. If the donor decides he or she would still like to help someone by donating a kidney, that person then becomes a non-directed donor. Some people just know they want to donate but haven't yet met a specific person in need.

How does a non-directed donor help many recipients?

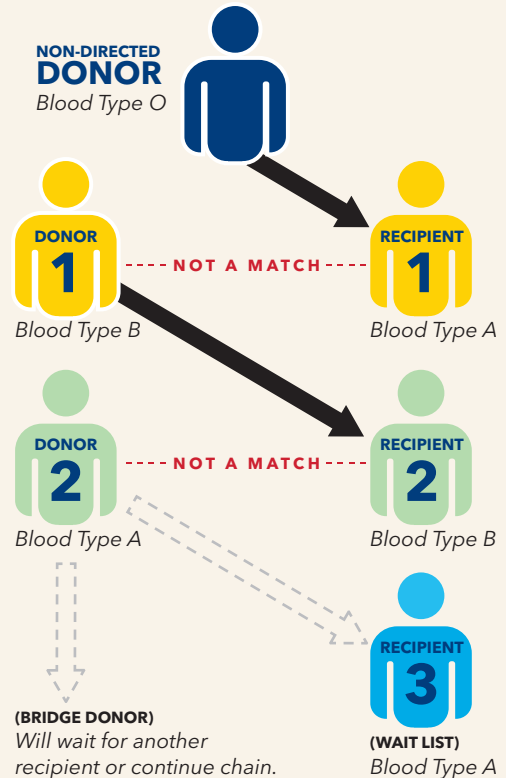
Non-directed donors save lives by participating in paired kidney exchanges (PKE), providing a kidney for a person who does not have a compatible donor. This starts a chain of transplants that helps many recipients receive a living donor kidney transplant.

- Donors must be over 18 years of age and in good health.
- Donors will meet with members of the Living Donor Team, including a surgeon, nephrologist, transplant coordinator, social worker/living donor advocate, and paired exchange coordinator.
- Donors will have testing performed such as blood work, urine testing, chest X-ray, EKG or stress test, and kidney imaging.
- Medical expenses related to evaluation, surgery, hospitalization, and follow-up care are covered under the recipient's insurance. Donor Shield provides reimbursement for lost wages, incidental costs, and other expenses for eligible donors.
- Most donor surgeries can be performed using a minimally invasive laparoscopic technique, followed by a one- to two-day hospital stay after surgery.

What is the Family Voucher program?

The Family Voucher Program provides an opportunity for a non-directed donor to give the gift of life to someone in need of a kidney transplant while assuring their immediate family will be protected should they ever need a transplant in the future. The donor may identify up to five immediate family members: spouse, children (biological or adopted), siblings or parents, to receive a voucher for a future kidney transplant. Only one voucher may be redeemed per donor. If a non-directed donor knows someone in immediate need of a kidney transplant, he or she could donate their kidney now and a standard voucher through the Advanced Donation Program (ADP) would be provided to that single candidate. Through the Family Voucher Program, a non-directed donor can both help someone in need today and be confident their family will be protected in the future.

How non-directed living donation works.



A podcast inspired his kidney donation.

Twenty-two-year-old Josh J. had been curious about kidney donation, but it was a podcast that set him on the path that led to his own non-directed donation.

"The podcast included contact information for the man who had spoken about donating his kidney, so I emailed him to learn more. I didn't expect to hear back, but he called me that day," remembers Josh. "One thing he said that struck me was that kidney donors he'd talked with were some of the happiest people he knew. I wanted to be part of a group like that. My faith is very important to me, and I felt that donating my kidney to someone was something that God wanted from me."

Josh, who lives in Roanoke, Virginia, searched the National Kidney Registry's list of hospitals for a program with a strong reputation and found MedStar Georgetown Transplant Institute. After completing his initial blood work in Roanoke, he underwent his evaluation at the Institute.

"People offered a great deal of support and encouragement during the evaluation. I was told how my donation could not only help one person but potentially many by starting a chain of transplants," he says.

He underwent laparoscopic surgery to donate his kidney, spending just one night in the hospital, and says the staff made the experience a positive one. "I felt really safe. Everyone explained each step of the process and what they were doing so I knew what to expect from my surgery and recovery."

Now he encourages others to consider making the life-saving donation of a kidney. "Just take it one step at a time," he recommends. "That's how I became a donor, and I'm glad I did."



Important transplant links for patients.

For more information: **202-444-3714.**

Links for living donation

MedStar Georgetown Transplant Institute YouTube video on using social media for finding a living donor:
<https://tinyurl.com/zzvmy94r>

Link for questionnaire to complete to be considered to be a living donor: mgti.donorscreen.org/register/now

Short article on living donation: <https://tinyurl.com/4y7s7ze8>

National Kidney Foundation website for information on living donation: kidney.org/transplantation

Brochure from National Kidney Foundation on kidney disease and how to ask for a living donor:
<https://tinyurl.com/4kk8avm6>

My Transplant Coach to learn more about transplantation: ExploreLivingDonation.org

Stories from living donors—great to share with those considering living donation to hear what others have gone through:
ExploreLivingDonation.org

Champion Microsite Registration, let us make a small website to help you find a living donor (National Kidney Registry):
<https://tinyurl.com/2e63axdx>

National Kidney Registry Paired Kidney Donor Exchange—information on paired exchange:
KidneyRegistry.org/?Cookie=1

Important phone numbers.

Transplant evaluation questions and scheduling
Living donor social worker/donor advocate
Paired kidney exchange coordinator
Living donor liaison

202-444-3700
202-444-0537
202-444-6058
202-444-3714

The Living Donor Team is committed to providing the highest quality of care to patients and their families.

If you would like to speak with a team member about living donation, please call **202-444-3714.**

To begin the process for a transplant evaluation, please visit MedStarGeorgetown.org/KidneyRecipient.
Scan these codes to find resources for living donors and kidney transplant recipients.



Links to Patient Resources



Become a Living Donor



Create a Personalized Webpage



Request an Evaluation

Comprehensive evaluation for the treatment of kidney and pancreas disease.

The **MedStar Georgetown Transplant Institute** makes it convenient for you to be evaluated for transplantation. We are now evaluating kidney and pancreas transplant candidates at eight convenient locations.

To make an appointment, please call **202-444-3700**.

- A. MedStar Georgetown University Hospital**
3800 Reservoir Rd., NW
Washington, DC 20007
- B. MedStar Washington Hospital Center**
110 Irving St., NW
Washington, DC 20010
- C. MedStar Georgetown Transplant Institute in Fairfax**
3020 Hamaker Ct., Ste. 501
Fairfax, VA 22031
- D. MedStar Southern Maryland Hospital Center**
7503 Surratts Rd.
Clinton, MD 20735
- E. MedStar Georgetown Transplant Institute in Frederick**
163 Thomas Johnson Dr.
Ste. E
Frederick, MD 21702
- F. MedStar Georgetown Transplant Institute in Annapolis**
Annapolis Tech Park
2629 Riva Rd., Ste. 110
Annapolis, MD 21401
- G. MedStar Franklin Square Medical Center**
9000 Franklin Square Dr.
Baltimore, MD 21237
- H. MedStar Georgetown Transplant Institute in Ellicott City**
9501 Old Annapolis Rd.
Ste. 220
Ellicott City, MD 21042



[MedStarGeorgetown.org/Transplant](https://www.MedStarGeorgetown.org/Transplant)