



# Kidney Transplant FAQs

## For Living Donors

- **Who can donate a kidney to me?**
  - Donors can be anyone who is healthy enough to donate
  - They do not have to be related to you
  - They do not have to be of the same age, race, or sex as you
- **How long am I in the hospital?**
  - One to three days for the donor.
- **When can I return to work/school?**
  - Two weeks for the donor.
- **How long is the surgery?**
  - Each surgery, one for the donor and one for the recipient, lasts approximately three - five hours.

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### • What are some protections?

- Donors who undergo surgery at MedStar Georgetown Transplant Institute **will qualify** for the following protections through the National Kidney Registry:
  - Donation life insurance with a \$500,000 principal sum, covering a period of one-year post-surgery
  - Donation disability insurance with a \$1,500 maximum weekly benefit, covering a period of one-year post-surgery, with a 30-day waiting period
  - Financial protection for complications that ensures donors are never asked to pay for a post-surgical complication that is a result of their kidney donation
  - Legal representation should a donor's employment or health insurance be negatively affected by living donation

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- **What about my related expense?**

- Donors who undergo surgery at MedStar Georgetown Transplant Institute **may qualify** for the following protections:
  - Lost wage reimbursement up to four weeks for donors who will have a loss of income during their recovery period
  - Travel and lodging reimbursement of up to \$1,000. This includes expenses associated with the evaluation and surgery. Driving expenses are reimbursed at the IRS mileage rate and lodging covers a hotel near MedStar Georgetown Transplant Institute.

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- **What is the long-term risk of being a donor?**

- There is very little risk to being a kidney donor, either short-term or long-term.
- Short-term, the risk of dying from the surgery is about 0.03% (3 in 10,000).
- Major complications are unusual.
- In the long-term, having been a donor does not influence the risk of kidney failure, high blood pressure or diabetes.
- Recent studies show that kidney donors have longer life expectancy than predicted.

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- **Interested in donating, how do I start this process?**
  - Potential donors must contact the transplant institute. **Important Phone Numbers:** Living Donor Liaison can be reached at 202-444-3714. Living Donor Social Worker/Donor Advocate 202-444-6038. Paired Kidney Exchange Coordinator 202-444-6058. Donors will first be sent a questionnaire to see if they are healthy enough to donate. If they pass the questionnaire, the next step is to do blood tests to see if they are a match. If both of those steps pass, they will need to come to see us at the transplant institute to complete their evaluation.

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