



5 considerations when donating a kidney

Donating a kidney is an extraordinary gift because you're helping to improve another person's quality of life. A kidney transplant from a deceased donor generally lasts 12–15 years, while a kidney transplant from a living donor can last an average of 15–20 years. If you're interested in donating yours, here are some things to consider.

What are the basic requirements for being a kidney donor?

You must be 18 years of age or older and have normal kidney function. You must also be in good physical and mental health.

What should you know about living with one kidney?

There should not be any restrictions or changes in your lifestyle. Donating a kidney does not mean you will need your own transplant later in life. But if you do, you will receive priority on the kidney waiting list. Please consult your doctor with any questions.

How long does the surgery take?

Surgery takes about two to three hours. The most common form of surgery for kidney donation is laparoscopic surgery. It uses small cameras and tools to remove the kidney. Before surgery, you will receive general anesthesia.

What does recovery look like?

Recovery involves taking it easy for three to six weeks once you're home. You will also need follow-up appointments to make sure you're recovering well.

Will you require special medications or care at home after the surgery?

You won't need any special medications or professional care at home. In some cases, you may need some pain medication or antibiotics.



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