

Living kidney donor (LKD) assessment

Other formats

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- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

The living kidney donor (LKD) assessment service

Thank you for coming forward as a potential living kidney donor. The role of the living kidney donor team is to ensure that you will make a safe and suitable donor and to support you through the pathway (see pathway steps below):

- expression of interest
- compatibility
- investigations
- consultations
- potential further investigations
- donation surgery
- recover and follow up.

In order to safely assess your suitability, various tests are required here at the Royal Devon and after at your chosen transplant hospital.

The LKD team are based on the Exeter Kidney Unit at the RD&E (Wonford) Hospital. Our service is open Monday to Friday from 8am to 4.30pm. Please contact us if you have any questions throughout your donor assessment.

Contact details

Tel: 01392 404762

E-mail: rduh.lkdteam@nhs.net

This leaflet lists the investigations and health care professional appointments along the living kidney donor pathway. It can take many months to complete your assessment, and you may want to use this leaflet as a reminder and to make a record of your appointments.

Living kidney donor assessment appointments

Initially you will start your assessment at the RD&E (Wonford) Hospital

First appointment date: _____

- A 90-minute initial discussion about living kidney donation.
- Blood and urine tests; blood pressure, weight and height monitoring.
- Past medical, surgical and mental health history review.

Second appointment date: _____

- Kidney ultrasound, ECG and Chest X-ray.
- Fasting blood and urine tests.
- Blood Pressure monitoring.
- Complete LKD assessment documentation.
- Outpatient appointment (review) with a consultant nephrologist.

Next steps

- After the consultant's appointment you may need further investigations later. Your consultant will discuss this with you and request the necessary tests.
- If you require a psychological assessment this appointment will be arranged on a separate day.
- You may need to see the consultant again before a decision is made as to whether you are suitable to refer on to the transplant hospital.
- Once your consultant considers it appropriate, you will be referred to the transplant hospital.
- We normally refer living kidney donors to either Southmead Hospital in Bristol or Derriford Hospital in Plymouth.

Further investigations and consultations at the transplant hospital

Third appointment date: _____

You will be invited to attend the transplant hospital for a GFR test (an accurate kidney function investigation) and a kidney CT angiogram scan. Hopefully these investigations will be arranged on the same day.

Fourth appointment date: _____

You will meet a surgeon in the transplant hospital for a surgical review.

Fifth appointment date: _____

A visit to the transplant hospital for the Human Tissue Authority (HTA) meeting (a legal review before donation can proceed) and/or a pre-operative assessment.

Sixth appointment date: _____

You may need to attend the Royal Devon or the transplant hospital for a final compatibility blood test within the two weeks before your donation.

Date of surgery _____

After your donation

- You are likely to be discharged from the transplant hospital within four days
- You will need four to eight weeks off work to recover from the operation
- You will be unable to drive for five weeks
- You will be seen at six weeks post donation at the transplant hospital

Thereafter, your LKD follow up will continue at the Royal Devon six and 12 months after your donation.

We recommend that, for the rest of your life, you have an annual review to include a kidney function blood test, blood pressure and urine check.

Going forward, you are welcome to contact the LKD nurse team if you have any concerns relating to your donation.

Further information about living kidney donations

Leaflets

- Could I be a living kidney donor? NHSBT.
- Living Kidney Donation: Your Questions Answered, Gift of Life, 2015.
- Our role in living organ donation. HTA. May 2016.

Further Information sources

- UK Living Kidney Donor Guidelines, British Transplant Society and Renal Association, 4th edition, March 2018.
- Guidance for Living Organ Donors on the Human Tissue Authority's Independent Assessment Process, revised Feb 2023.
- NHS Blood and Transplant Tel:0300 123 23 23
Website: www.organdonation.nhs.uk
E-mail: enquiries@nhsbt.nhs.uk
- Facebook: Living donor support group (UK)

Charities

- **Make Your Mark/Robert Dangoor Partnership**
Website: www.donateakidney.co.uk
- **Give a Kidney Charity**
Website: www.giveakidney.org
E-mail: info@giveakidney.org
- **Kidney Care UK**
Website: kidneycareuk.org
E-mail: info@kidneycareuk.org
Tel: 01420 541424
- **National Kidney Federation**
Website: www.kidney.org.uk
Tel: 0800 1690936

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

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You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.



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