

WHAT CAN YOU DO NOW TO GET READY FOR KIDNEY DONATION?

- Continue to educate yourself about donation. Websites we like include www.legacytransplant.org, www.exploretransplant.org, and www.kidney.org, www.kidneyregistry.org
- Do you want to know your blood type? Donate blood through the American Red Cross to find out.
- Think ahead about possible care partner(s) who will help you through the recovery period after donation surgery. This is especially important if you are donating to your spouse/significant other/family member. You will both need care partners.
- If you have health insurance, get your routine health screenings done: colonoscopy for everyone over 45, mammogram for women over 40, and pap for women.
- If employed, get to know your vacation, sick leave, and short-term disability policies. Donors are usually off work 3-6 weeks.
- Prepare for any expenses. The recipient's insurance will cover the costs of your donor evaluation, surgery, and time in the hospital. What are not usually covered by insurance are travel to Portland, daily expenses while in Portland, and any lost wages. These expenses may be covered by Donor Shield or NLDAC.
- Take care of yourself:
 - Eat a healthy diet
 - Stay at or get to a healthy weight for you. ProjectDonor.org has resources available for potential living donors.
 - Be active – physically, mentally, and socially
 - Stop smoking. ProjectDonor.org has resources available to assist with smoking cessation.