



ARE THERE RISKS TO THE LIVING DONOR?

Risks may be those associated with the surgery such as pain, bleeding, wound infection, adverse reaction to anaesthetic drugs at less than 1 in 500 cases (0.2%). The risk of death occurring during the surgery is 0.03%.

The long term risks include high blood pressure, protein in the urine and kidney failure, but the probability of this is no higher than that of the general population. Donors are therefore required to look after themselves and be on follow-up at the living kidney donor follow-up clinic.

WHAT IS THE SUCCESS RATE FOR LIVING DONOR KIDNEY TRANSPLANT?

Over 95% of living donor kidney transplants continue to be functional at 5 years after transplant.

NOTE TO PATIENTS

Patients with progressive chronic or end-stage kidney failure as well as their families should consider kidney transplantation as a potential treatment option early during the course of their illness. The outcomes of kidney transplantation are the best when it is performed early during the course of end-stage kidney failure. The kidney specialists in charge of the patient would be the best person to advise if kidney transplantation is a suitable treatment option. Transplant counsellors and coordinators are available to help provide additional information and counselling.

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CONTACT US

You may contact us at (65) 6321-3511 or kidney.transplant@sgh.com.sg to learn more about kidney transplantation at the Singapore General Hospital.

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Living Donor Kidney Transplantation



Singapore
General Hospital
SingHealth



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WHAT IS KIDNEY TRANSPLANTATION?

Kidney transplantation is the transfer of a kidney from one person (the donor) into a person with end-stage kidney failure (the recipient).

WHAT ARE THE TYPES OF KIDNEY TRANSPLANTATION?

Deceased donor kidney transplant

To receive a kidney from a deceased donor, the patient will need to enter a waiting list called the National Transplant Registry System (NTRS) after starting dialysis. The patient will then wait to be called for a transplant.

Living donor kidney transplant

To receive a kidney, a willing and suitable living donor is required.

WHAT ARE THE BENEFITS OF A KIDNEY TRANSPLANT?

- Better quality of life, freedom from dialysis
- Reduced risks of premature death
- Possibly cheaper than dialysis in the long term
- Fewer dietary and fluid restrictions
- Return of strength and energy
- Improved capacity to socialise and enjoy life
- Ability to return to work and travel overseas
- Improved sexual function and fertility
- No restriction on physical activity except contact sports

WHAT ARE THE BENEFITS OF A LIVING DONOR KIDNEY TRANSPLANT?

A living donor kidney transplant may be preferred over a deceased donor kidney transplant:

- Transplant can take place before the need to start dialysis
- Avoidance of a prolonged wait for a kidney
- Better outcomes compared to kidney transplantation from a deceased donor
- Donor finds satisfaction in helping another person

WHO IS ELIGIBLE AS A RECIPIENT?

- The kidney specialist in charge of the patient would be the best person to decide if the patient is eligible
- Patients with recent history of cancer, active infection, severe heart, lung, liver or blood vessel disease cannot receive a transplant
- There is no age limit for patients considering living donor kidney transplant as long as they are fit

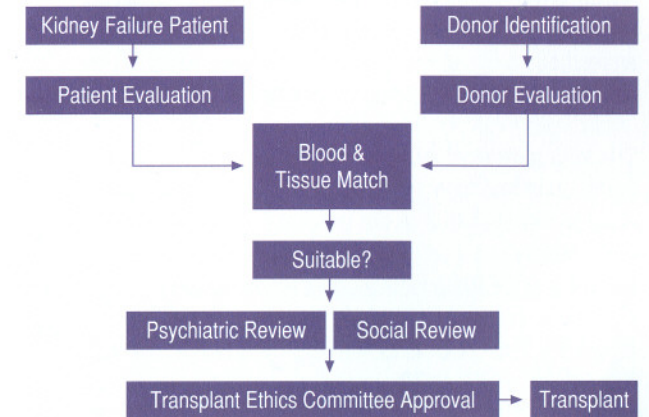
WHO CAN BE A LIVING DONOR?

- Can be blood related (eg. Parents, siblings, uncle or aunt etc) or emotionally related (eg. Spouse, friend, others) to the recipient or any voluntary person (Altruistic Donor)
- Must be at least 21 years of age and free of the following: Diabetes, Hepatitis B or C, Cancer, Heart Disease, HIV Infection/ AIDS, Kidney Disease
- Can be blood group compatible or incompatible to recipient

HOW IS THE WELLBEING OF LIVING DONORS?

- A healthy person needs only one kidney to survive
- General health and kidney function of donors are just as good as people who have never donated a kidney
- Donation does not affect health, vigor or fertility
- Donors can undergo pregnancy or have children
- Donors are encouraged to lead a healthy lifestyle
- Donors are given proper care after donation with a yearly follow-up with the kidney specialist

WHAT PROCEDURES DOES THE DONOR HAVE TO UNDERGO?



WHAT DOES THE TRANSPLANT OPERATION INVOLVE?

Recipient: While the patient is under general anesthesia, an incision is made in the lower quadrant of the abdomen. The donor kidney is then transplanted into the lower pelvis of the recipient. In most cases, the recipient's own kidneys are left in place. Hospital stay is about 10-15 days and patients are given 2 months of medical leave.

Donor: One kidney is removed from the living donor by Laparoscopic nephrectomy, also called "key hole" surgery. The kidney can be removed from a cut (5 to 7cm). Minimal scarring, better pain control and short hospital stay of 3-5 days are some of the advantages. One month of medical leave is given.

Renal transplant

