

# Kidney Donation Information



## Dear Potential Kidney Donor,

Thank you for taking the time to learn more about living kidney donation. Your willingness to explore this possibility reflects remarkable compassion and courage. By considering donation, you are offering someone the chance at renewed health, restored independence, and a future filled with possibility.

As part of the process, you will undergo a thorough medical evaluation to ensure donation is safe for you, with a strong focus on your long-term health and well-being. Below are general guidelines for living kidney donors:

### General Requirements

- **Age:** Typically, 18–70. Many centers prefer donors 21+, and some may consider donors up to age 80 depending on overall health.
- **Health:** Good physical and mental health, including normal kidney function.
- **Weight:** Healthy Body Mass Index.
- **Non-Smoker:** Must be tobacco-free, often for 6+ weeks prior to surgery.
- **Motivation:** Donation must be voluntary and free of pressure.

### Conditions That May Exclude Donors

- Diabetes
- Hypertension requiring more than one medication
- History of cancer
- Active infections
- Kidney stones requiring medical intervention
- Untreated psychiatric illness or difficulty understanding risks

If you discover that you are not able to donate, there are still meaningful ways to make a difference. You can become a **Donor Mentor** or help raise awareness about living kidney donation by sharing our resources with others.

### Learn More:

[www.paireddonation.org](http://www.paireddonation.org)  
<https://paireddonation.org/wish-upon-a-donor/>

Sincerely,

*The Alliance for Paired Kidney Donation Team*

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