

LIVING DONOR LIVER TRANSPLANT

HOW TO PREPARE FOR YOUR UPCOMING DONOR EVALUATION

Living Donor Liver Transplant

Considering living liver donation is a huge decision and should not be taken lightly. Thoroughly educating yourself on living liver donation beforehand is the best way to get the most out of your evaluation with the donor team. You should come armed

with questions and concerns you would like to discuss during your evaluation.

To start, let's discuss what we would like to

see from a potential donor at the time of their evaluation. Donors should be in good health or making intelligent choices that will improve their overall well-being. Continuing or starting an exercise routine and eating a healthy balanced diet will contribute to a donor's overall fitness and health. Aside from giving your liver the optimal nutrients it needs to flourish, it has been shown that donors who are

physically fit and consume a healthy diet, often do better during and after surgery. It is also important that donors do not smoke, or quit smoking as soon as possible. If you feel you need assistance quitting, reach out to the donor team and we will get

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you the necessary resources to help. The same goes for consuming alcohol or recreational drugs.

Donors will not be approved to move forward if they are smoking, drinking or abusing drugs.

It is imperative to make sure you are up to date with recommended screenings with your primary care physician. Women should be current with their annual pap smears and women over the age of 40 will need to have an up to date mammogram. Men and woman

EVALUATION CHECKLIST

1. Educate yourself
2. Adopt a healthy lifestyle
3. See your PCP and have recommended screenings done
4. Discuss with family and friends
5. Decide on a care partner
6. Review your health and life insurance status. Understand your coverage!

WHAT TO BRING

1. Medical records (pap smear, colonoscopy, mammograms)
2. Insurance cards
3. Identification
4. CARE PARTNER!!
5. Questions

over 50 should have a current colonoscopy on file. The donor team will request these records, so it is ideal to bring the results with you to your evaluation.

Donor should discuss their interest in donation with their loved ones. You will need to choose a care partner who will accompany you to your evaluation and be there for support when you are hospitalized. Your care partner will also need to be there to help you when you are discharged from the hospital. This includes tasks like; preparing meals, helping with household chores and taking you to and from follow up appointments at the Center for Liver Disease. It is important to know how your

family feels about your decision. Will you feel guilty if you go against their wishes? Donors should also have an idea of who will take over their responsibilities should they donate, such as: childcare, family obligations, taking care of pets, etc.

It is recommended you speak with your employer about your interest in donation. How will they handle your absence? Is your position secure? Do you have vacation time or FMLA time that can be utilized for your hospitalization and recovery? It's a good idea to know their policy or what resources they can offer before making any decisions.

You should also consider your health insurance and life insurance status. Do you want to

upgrade before undergoing an elective surgery? Remember it is possible that in the future insurance companies could consider donation a pre-existing condition and use that information to obtain higher premiums or even deny coverage. This will be discussed thoroughly during your evaluation but should be considered beforehand as well.

Again, preparation is key to this process. If you have any questions you would like addressed prior to your evaluation feel free to reach out to the living donor specialist for that information

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