

OVERCOMING COMMON KIDNEY DONATION MYTHS



☒ The donor will have many out of pocket expenses.

☒ **The medical costs are covered by the recipient's insurance.**

People can apply for grants to help with uncovered costs.

☒ Once a donor begins the donor evaluation process, that person may feel obligated and afraid to change their mind.

☒ **A donor can change their mind at any time.**

☒ My religion prevents me from being a donor.

☒ **Most religions support living donation.**

Donors are encouraged to speak with their faith leader.

☒ If a person does not offer to donate, that must mean the person is not interested in donating.

☒ **Many people don't know that living donation is an option.**

☒ A donor will have trouble getting health insurance/life insurance after they donate.

☒ **There are protections in place to ensure donors have appropriate access to care.**

☒ Living kidney donors won't live healthy lives with just one kidney.

☒ **Donors are at no greater risk than the general population of developing any health related issues to their kidneys and are carefully screened to ensure they are healthy enough to donate.**

☒ Living kidney donors live a shorter life.

☒ **There is no evidence that donation shortens a person's lifespan.**

☒ Living kidney donors are more likely to get kidney disease after donating.

☒ **Donors are counseled about their individual risk associated with donation.**

☒ Only younger people are able to get kidney transplants.

☒ **All patients who are medically suitable are eligible for transplants.**





















☒ Adults over age 50 can't donate.

☒ **Donors must be healthy and can donate primarily on a basis of health, not age.**



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-  Those with tattoos and LGBT people can't be living kidney donors.
-  **All donors are medically screened for infectious diseases, such as hepatitis, and are only cleared if it is safe for both the donor and recipient.**
-  A kidney donor can no longer participate in sports or exercise.
-  **A donor should be able to return to regular activities and exercise about 4 to 6 weeks after surgery.**
-  Kidney donors will have to take medications for the rest of their lives.
-  **Generally, prescriptions for pain and stool softeners will be necessary only in the immediate postoperative period.**
-  A kidney donor will have debilitating pain for an extended period of time.
-  **Ordinarily, there will be some pain after surgery, which will diminish and can be controlled with pain medication.**
-  A kidney donor will be in the hospital for an extended period of time after surgery.
-  **A kidney donor will be hospitalized, on average, for 1 to 2 nights.**
-  Living kidney donors don't get to choose to the person who gets their kidney.
-  **A donor can select a person they know and make the decision to donate in a paired exchange with other recipient/donor pairs.**
-  A donor will have to follow a new diet plan following donation.
-  **A donor should eat a healthy, well-balanced diet, but there are no dietary restrictions**
-  A donor can no longer consume alcohol following donation.
-  **While excessive alcohol use is always dangerous to one's health, a kidney donor can consume alcohol in moderation.**
-  A female donor should not get pregnant after donation.
-  **A female donor can become pregnant and should wait until medically cleared after donation.**
-  A donor's sex life will be negatively affected by donation.
-  **Donors may engage in sexual activity when they feel well enough to do so.**