



# Kidney Donation Fact Sheet

## Evaluation

-  The first round of testing, called pre-workup labs, includes blood and urine tests. You will not be charged for any pre-workup labs related to your donation.
-  If you are donating to someone specific, you may need additional testing to determine if you are a good match for your intended recipient. This includes blood type testing, tissue testing, and crossmatching.
-  If you pass the initial screening, you will need additional testing, which can include an EKG, echocardiogram, stress test, 24-hour blood pressure monitor, chest X-ray, CT scan, MRI, renal scan, pregnancy test, PSA test for men over 50, and routine wellness screenings, including a Pap smear and mammogram for women and a colonoscopy for anyone over 50.

## Surgery

-  Kidney donation surgery (“nephrectomy”) can be laparoscopic (minimally invasive) or non-laparoscopic (or “open”). The vast majority of nephrectomies are laparoscopic, which results in less pain and faster recovery.
-  Surgery generally takes 1–5 hours.
-  The surgery is very safe. In one study, only 2.5% of donors had serious complications, and all recovered.

## Recovery

-  Most kidney donors are in the hospital for 1–3 days.
-  Donors should refrain from flying for 1–2 weeks after surgery.
-  Avoid lifting anything over 10 pounds for the first 4 weeks.
-  Recovery at home takes 2–6 weeks.

## Return to Normal Activities

-  Light daily activities such as walking as tolerated, errands, social activities, etc.: 1–2 weeks
-  Driving: 2 weeks and off pain medications
-  Bathing/Showering: Shower normally but avoid baths for 6 weeks
-  All daily activities other than working out: 4–6 weeks
-  Working out, starting slowly and with light/body weight: 6–8 weeks
-  High-performance athletes will need 6 months to a year before they are back to pre-donation performance levels.

## Return to Work

-  Desk/remote/light-duty: 2–3 weeks
-  Moderate physical work (not lifting more than 10 pounds): 3–4 weeks
-  Physically demanding: 6–8 weeks



Visit [ChooseDonation.com](https://www.ChooseDonation.com) to learn more about becoming a living kidney donor.