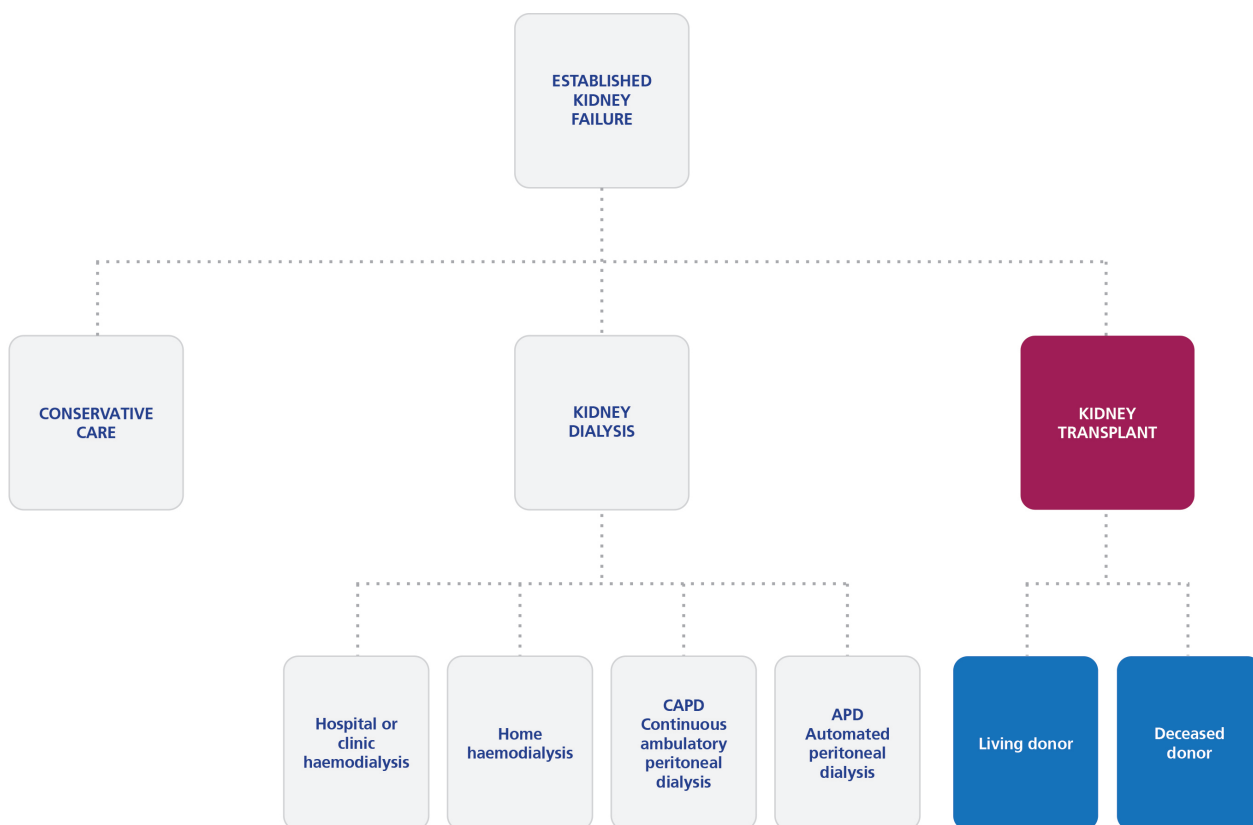


## Deciding what type of transplant to choose for established kidney failure

This short decision aid is to help you decide what type of kidney transplant is best for you, for the treatment of established kidney failure. You can use it on your own, or with your doctor, to help you make a decision about what's right for you at this time.

There are two main options for kidney transplant. You can choose:

- **Kidney transplant from a living donor**, where you receive a new kidney from someone who is living, often a family member or friend
- **Kidney transplant from a deceased donor**, where you receive a transplant from someone who has just died.



## What are my options?

	Deceased donor	Living donor
<b>What is the treatment?</b>	<p>Most deceased donors are people who have had a sudden and irreversible brain injury, usually due to a blood vessel bursting in their brain, a stroke, or an accident.[1]</p> <p>There are two types of deceased donors. <b>Donors after brain death</b> are donors whose heart is still pumping blood. These donors are often called donation after brain stem death (DBD) donors. <b>Donors after circulatory death</b> are donors whose heart has stopped beating and can't be restarted. These donors are often called donation after circulatory death (DCD) donors.</p>	<p>A living donor is someone who gives one of their two kidneys to a person whose kidneys aren't working. Usually, the living donor is a family member or friend of the person who receives the kidney. However, sometimes a donor will offer a kidney to someone they don't know.</p>
<b>What is the effect on the health problem?</b>	<p>Your symptoms should get much better or go away completely after receiving a kidney from a deceased donor.[3]</p>	<p>Your symptoms should get much better or go away completely after receiving a kidney from a living donor.[2]</p>
<b>What is the other major consequence?</b>	<p>Having a kidney transplant can help you live longer than not having a transplant. Five years after receiving a kidney from a deceased donor, about 89 in 100 people are alive.[5]</p>	<p>Having a kidney transplant can help you live longer than not having a transplant. Five years after receiving a kidney from a living donor, 96 in 100 people are alive.[4]</p>
<b>What other consequences does this treatment have?</b>	<p>You should be able to return to your normal activities. Usually there are no diet and fluid restrictions after a kidney transplant. Some people do need to modify what they eat, because of other health problems (such as high blood pressure and high cholesterol) or their immunosuppressive drugs.</p>	<p>You should be able to return to your normal activities. Usually there are no diet and fluid restrictions after a kidney transplant. Some people do need to modify what they eat, because of other health problems (such as high blood pressure and high cholesterol) or their immunosuppressive drugs.</p>

	Deceased donor	Living donor
<b>What side effects or complications does the treatment have?</b>	All operations have the risk of complications such as bleeding or infection. After a transplant, the main side effects are from immunosuppressant drugs. You're more vulnerable to infections and to certain cancers, because the drugs stop your immune system from working as well.	All operations have the risk of complications such as bleeding or infection. After a transplant, the main side effects are from immunosuppressant drugs. You're more vulnerable to infections and to certain cancers, because the drugs stop your immune system from working as well.

	Deceased donor	Living donor
<b>What is the effect of the treatment on how long the kidney lasts?</b>	About 70 in 100 kidneys from deceased donors are still working 10 or more years after the transplant. For many older people, their new kidney will last for the rest of their life.	Around 79 in 100 kidneys from living donors are still working 10 or more years after the transplant. For many older people, their new kidney will last for the rest of their life.

## What are the pros and cons of each option?

People who have a transplant for established kidney failure have different experiences and views on treatment. Choosing the treatment option that is best for the patient means considering how the consequences of each treatment option will affect their life.

Here are some questions people may want to consider about a kidney transplant for established kidney failure:

- Do they want a kidney that will help them live as long as possible?
- Do they want a kidney that will last as long as possible?
- Do they want to have a kidney transplant quickly?
- Are they comfortable with the idea of having a kidney from somebody who is living?
- Are they comfortable with the idea of having a kidney from somebody who has died?
- Would they find it difficult to cope with the uncertainty of being on a waiting list for a kidney?