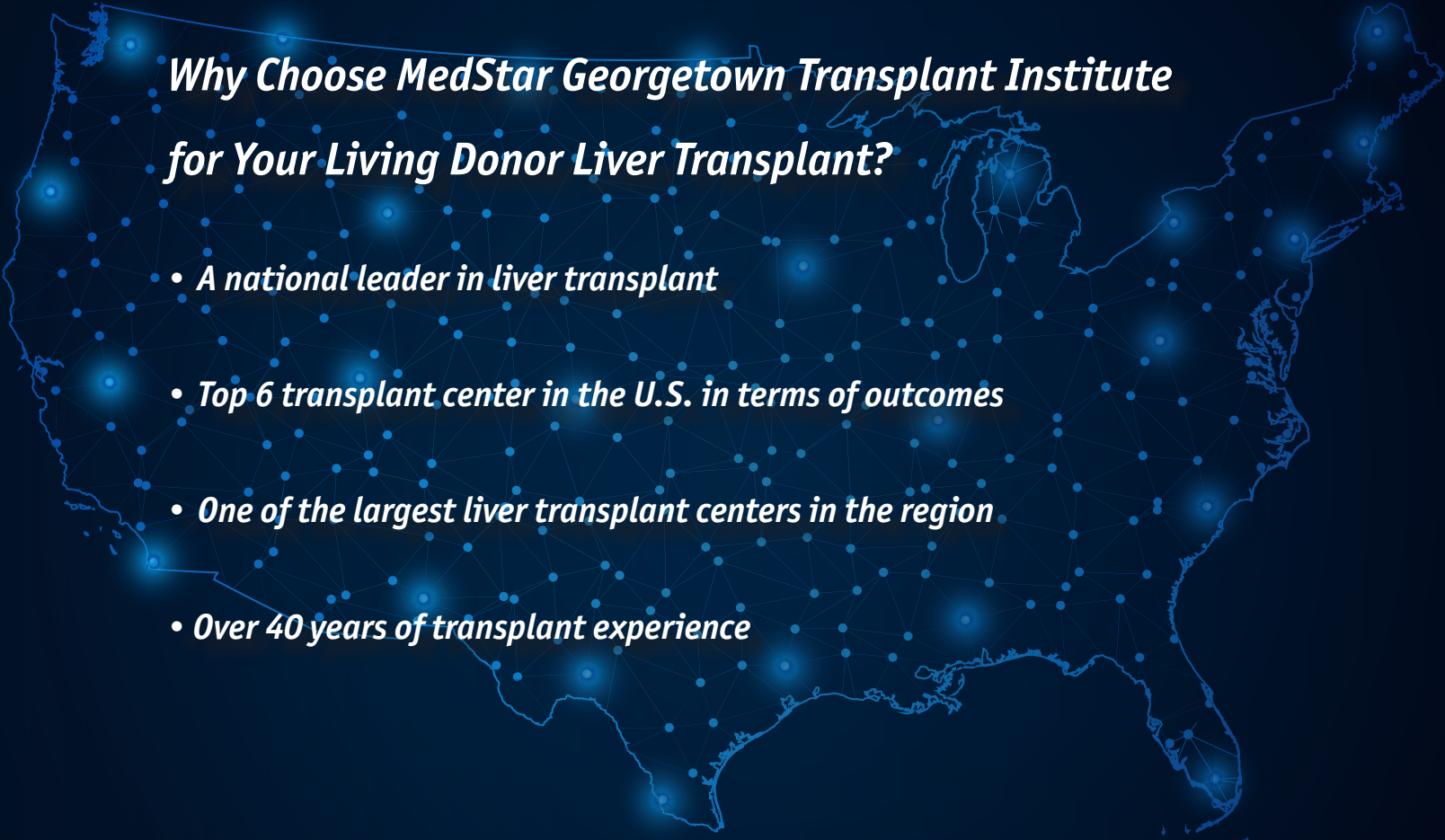




Your Guide to Living Donor Liver Transplant



MedStar Georgetown Transplant Institute



Why Choose MedStar Georgetown Transplant Institute for Your Living Donor Liver Transplant?

- *A national leader in liver transplant*
- *Top 6 transplant center in the U.S. in terms of outcomes*
- *One of the largest liver transplant centers in the region*
- *Over 40 years of transplant experience*

What Is a Living Donor Liver Transplant?

- A person donates a portion of his or her liver to someone in need of a liver transplant.
- The recipient's entire liver is removed and replaced by the piece of liver from the living donor.
- This donated portion grows to near full size.
- The donor's liver also grows back to near full size within about eight weeks.

Why Consider Living Donation?

There are 14,000 people waiting for a liver transplant in the U.S. Being on the waitlist does not guarantee that you will get a transplant. Many patients on the waitlist become too sick or may even die while waiting.

Living donor liver transplant is the only alternative for patients who have a lower MELD score and are at risk for remaining on the transplant waitlist for a long time.

Thirty percent of patients on the waitlist either become too sick for transplantation or die while waiting.



Source: SRTR/OPTN onlinelibrary.wiley.com/doi/10.1111/ajt.15276



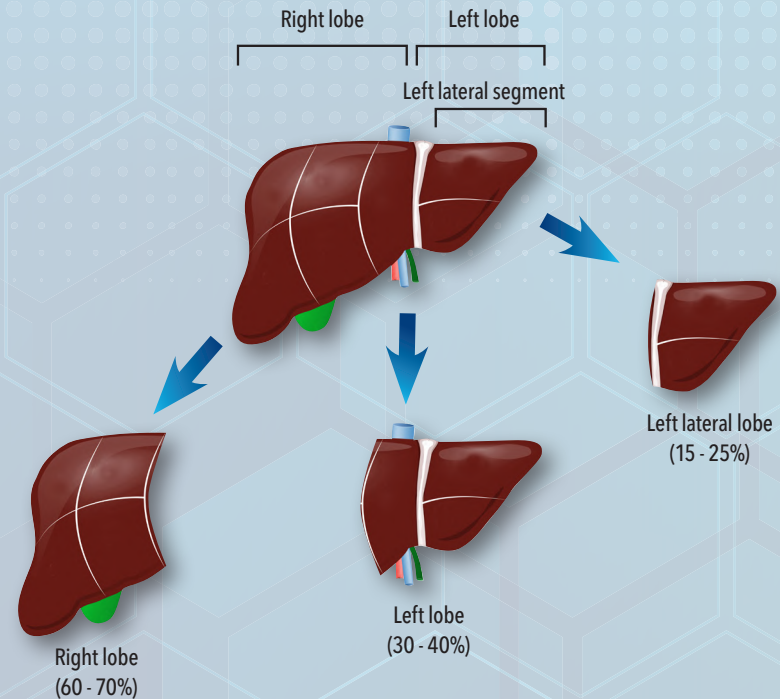
Dr. Khalid Khan, pediatric gastroenterologist, speaks with a patient about his liver transplant options.

What Are the Advantages of Living Donation?

- With living donation, a recipient can avoid waiting for months or years for a deceased donor liver. With a shorter wait time, recipients can avoid facing life-threatening complications and be transplanted before becoming too sick.
- Patients who get transplanted before becoming sicker and weaker experience fewer complications and recover faster after receiving a liver transplant.
- Since living donors are healthy people and undergo extensive medical evaluation, the liver quality is likely higher.
- Transplant surgery can be scheduled on a day that is convenient for recipient and donor.

Living Donor Liver Transplantation

The right or left lobe can be donated to an adult recipient. The left lateral segment can be donated to a small child.



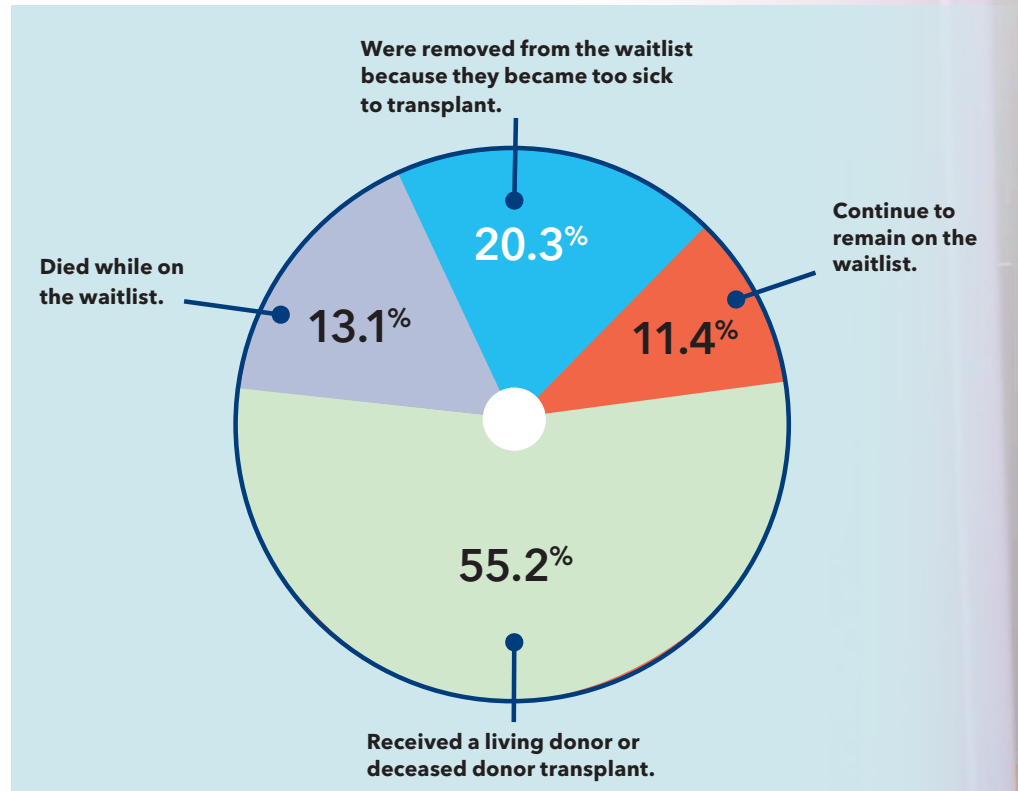
The first living donor liver transplant was performed in 1989. Since then, the procedure has been further refined and is currently the only solution to the critical shortage of deceased donor organs.

Patient Outcomes Over a Three-Year Period for Waitlisted Adults

Out of all the adults on the waitlist, about 10 percent were still waiting for a transplant after 36 months.

- **55.2%** of listed patients received a transplant from either a living donor or a deceased donor
- **13.1%** died while waiting
- **20.3%** were removed from the list without undergoing transplant
- **11.4%** of patients continue to be on the list over a three-year period of time

Based on this data, over a three-year period we can see that many patients either wait a long time for their transplant or get removed from the list due to poor health.





Who Can Be a Living Donor?

- A living donor is usually a family member or a friend.
- The donor must have a compatible or identical blood type.

This chart shows which blood types are compatible for donation.

Recipient's blood type	Donor's blood type
O	O
A	A or O
B	B or O
AB	A, B, AB or O

Donors must:

- Be in good physical and mental health
- Be between 18 and 55 years old
- Undergo thorough medical and psychosocial evaluation
- Understand the risk and benefits of donation and the alternative treatments available to recipient
- Donate voluntarily, free of coercion

The transplant team is always available to talk with you or a potential donor about living donation.

How to Find a Living Donor

- Recognize this is a highly emotional and potentially relationship-altering conversation. Stress, fear, and even guilt are all natural feelings.
- A strong understanding of the processes and procedures will give you more confidence when talking about the option of living donation.
- Consider reframing your thinking. View the conversation as an opportunity to explain your situation and educate others about the potential for living donation.
- Not everyone can be a donor. The key is sharing your story with as many people as possible.



How to Spread the Word

- Share the information with any community groups or organizations you are a part of such as your neighborhood, school, place of worship, work, alumni groups, sports leagues. Also consider posting your story on social media.

Some details you should include when sharing your story are:

- Why you need a liver transplant
- Your blood type
- What living donation is and the benefits for the recipient
- Your contact information
- Transplant center's living donor team contact information

Who's on the Living Donor Team?

The multidisciplinary team includes a hepatologist, living donor transplant surgeon, nurse coordinator, social worker, independent living donor advocate, and psychiatrist. The team's priority is to protect the safety and confidentiality of the living donor. For that reason, the living donor team functions separately and independently from the recipient's transplant team.



The living donor team is committed to guiding and supporting donors throughout the entire donation process.

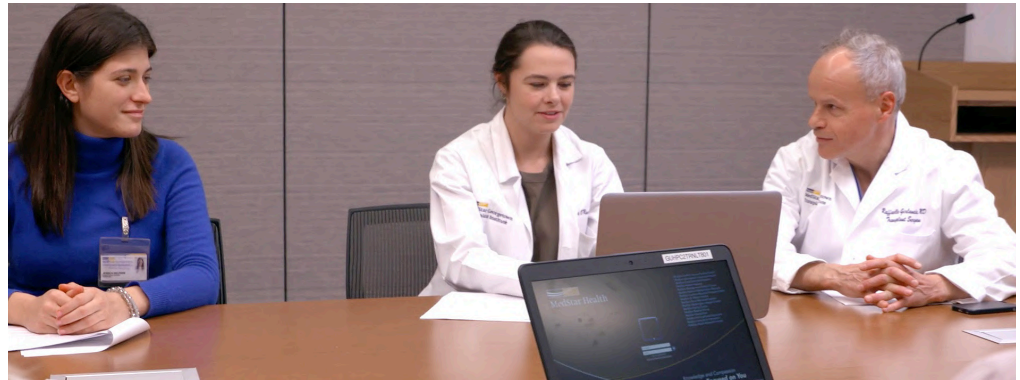


Juan Francisco Guerra, MD, living donor liver surgeon, and Krista Colas, RN, living donor coordinator, explain the donor surgery and recovery to a potential living donor.

What is the Process for Becoming a Living Donor?

Complete an online questionnaire at **[MedStarGeorgetown.org/LiverLivingDonor](https://www.medstar-georgetown.org/liverlivingdonor)**. If you don't know what your blood type is, we can help you find out.

The team will review the information from your questionnaire and obtain your full medical history. If you are healthy and meet criteria to be a living donor an evaluation can be scheduled.



The Evaluation

- Lab work to check your liver and kidney function, blood clotting factors, exposure to diseases, and autoimmune markers.
- MRI and CT angiogram: These tests use contrast dye to look at the vessels and structure of your liver.
- Echocardiogram (ultrasound of your heart) and electrocardiogram (ECG): These tests check your heart function.
- Meet with living donor team, including the surgeon, hepatologist, anesthesiologist, social worker, independent living donor advocate, and transplant coordinator.

The Decision

The living donor team will meet to review all your information. Your safety is the team's top priority. If the team feels that you are able to safely donate a portion of your liver, you will be approved for donation.

After your evaluation and approval to become a living donor, you are scheduled for surgery, and are then on the road to recovery.

The Surgery

- You will be given general anesthesia.
- You and the recipient will have surgery at the same time.
- Once a piece of your liver is removed, it will be transplanted immediately into the recipient.
- The living donor surgery usually takes between three and five hours.
- You will go to the ICU for the first night after surgery to be monitored closely. You will have IVs, a Foley catheter, and a drain at your surgical site.
- You will be in the hospital four to seven days after surgery. If you have any complications, you might need to remain in the hospital longer.

The Recovery

- This is a major abdominal surgery. The team will work to keep pain levels down, and most donors are pain-free within three weeks.
- You can expect to return to daily activities after four weeks and return to work between four weeks and three months.
- Expect follow-up appointments one week, one month, six months, one year, and two years after surgery. For the first three weeks after surgery, plan to stay within one hour of MedStar Georgetown Hospital in case of any complications.



The living donor team protects the confidentiality of each living donor.

What Are the Risks of Living Donation?

Many of the risks involved with living donation are the same as with any major surgery. These risks include:

- Bleeding
- Blood clot
- Bile leak
- Infection

Other risks, although rare, include:

- Liver failure
- Death

If you are considering living liver donation, remember: our number one priority is your safety. We will discuss these risks in depth during evaluation.

Who Will Pay for Donor Surgery?

The recipient's insurance will cover donor medical and surgical costs.

Donors should consult their health insurance provider about any other health problems that are not related to donation and complications that may occur long term.

To learn more about living donor liver transplant, call the nurse coordinator at **202-444-1360**.

To begin the process of becoming a living liver donor, please visit **[MedStarGeorgetown.org/LiverLivingDonor](https://www.MedStarGeorgetown.org/LiverLivingDonor)**

Other Resources

[MedStarGeorgetown.org/Transplant](https://www.MedStarGeorgetown.org/Transplant)

American Liver Foundation: [LiverFoundation.org](https://www.LiverFoundation.org)

United Network for Organ Sharing (UNOS): [UNOS.org](https://www.UNOS.org)

To learn more about living donor liver transplant, call the nurse coordinator at 202-444-1360.

HOW TO BECOME A **LIVING LIVER DONOR**

▶ COMPLETE **ONLINE QUESTIONNAIRE**

▶ FIND OUT YOUR **BLOOD TYPE**

▶ MEET WITH **LIVING DONOR TEAM**

▶ HAVE MEDICAL **TESTS**

▶ SCHEDULE DONOR **SURGERY**

Trust us to provide the care you need, safely.



We have established clean, secure care environments.

Your health and safety are always our top priority.



Face masks required for everyone, regardless of symptoms



Frequent disinfecting and cleaning



Chairs in public spaces are positioned for physical distancing



Staggered appointments to minimize people in a given area



Sanitizing stations throughout every facility



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Transplant Institute**

[MedStarGeorgetown.org/LiverLivingDonor](https://www.MedStarGeorgetown.org/LiverLivingDonor)

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