



**TRANSPLANT
PROGRAMME**
PATIENT & FAMILY
EDUCATION

BECOMING A KIDNEY & LIVER LIVING DONOR



Gleneagles Hospital
SINGAPORE



Mount Elizabeth
ORCHARD



Mount Elizabeth
NOVENA



Parkway East Hospital

BECOMING A LIVING DONOR

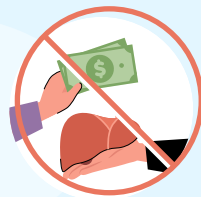
Living organ donation is a well-established and viable option in Singapore. For those who have chosen to step forward, the experience is not only deeply fulfilling for the donor, but also brings immense joy and relief to the recipient who receive this precious gift of life.

Research indicates that recipients of organs from living donors generally experience better outcomes compared to those who receive organs from deceased donors.



Living donor organ transplant regulations in Singapore

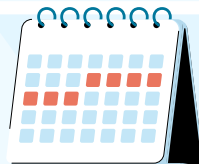
Under the Human Organ Transplant Act (HOTA), **it is illegal to buy or sell organs**. One should be free from pressure or guilt in donating an organ, and one cannot be paid for donating it.



Before a living donor organ transplant can proceed, a Transplant Ethics Committee (TEC) is required to evaluate and authorise the procedure.

The TEC is a three-member team consisting of a doctor at our hospitals, an independent doctor, and a lay person responsible for evaluating the application. This is to ensure the donor is fully informed about the risks and implications of the donation, and that he/she is not subjected to any duress, undue influence, or fraud in making the decision.

If the TEC approves the application for a living donor organ transplant, **the donor will still have a 7-day cooling-off period to carefully reconsider and confirm the decision.**





Who can be a living donor?

To determine suitability for living organ donation, transplant physicians conduct comprehensive evaluations of potential donors. This involves thorough physical examinations and medical tests, which include assessments conducted by an independent physician, medical social worker, psychiatrist, and transplant surgeon.

The potential donor receives counselling about the donation process, procedures, medical risks, and the short- and long-term implications to ensure an informed decision.

Eligibility criteria for donors:



At least 21 years old



Maintains a healthy weight



In good physical and emotional health



Committed to completing the entire process, from pre-donation evaluation through surgery and recovery



For **kidney** donor:
Willing to undergo long-term follow-up to monitor kidney function

Must the donor be related to the recipient to become a living donor?

In Singapore, a living donor can be either a relative **or** a stranger (altruistic donation). The living donor must be either **biologically or emotionally** related to the recipient:



Biologically related such as parents, siblings, cousins, aunts, uncles, nephews or nieces



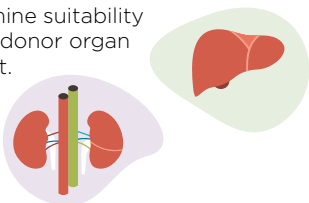
Emotionally related such as spouses, friends, or in-laws

What are the steps involved in living organ donation?

Generally, the steps include:

1

Patient with kidney or liver failure consults their doctor to determine suitability for living donor organ transplant.



2

The potential donor and recipient pair seeks initial **consultation** at a transplant centre.



3

The potential donor and recipient pair undergoes further medical evaluations and consult by a multidisciplinary transplant team.



4



Obtain authorisation from the TEC, which is required before any living donor organ transplant can proceed in Singapore.

What are the surgical risks and complications for the donor?

Organ donation surgery is generally considered safe, but like any surgery, it carries certain risks. Potential complications for living donors include:

- ! Pain
- ! Infection
- ! Bleeding
- ! Blood clots
- ! Pneumonia



- ! Allergic reactions to anaesthesia
- ! Wound complications
- ! Injury to surrounding tissue or other organs
- ! In rare cases, death

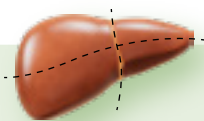
As transplant surgeries become more common and surgical techniques improve, the risks associated with living donation continue to decrease.

Will the donor's organ function be affected after a living donation?

Liver donation

For liver donation, one can donate up to 70% of their liver to be transplanted into another person.

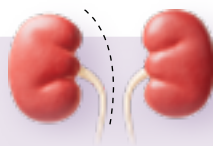
The remaining liver will regenerate and grow back to nearly its original size within weeks, regaining full function.



Kidney donation

When a person donates a kidney, they give one of their two kidneys.

The remaining kidney will enlarge slightly to take over the function of both kidneys.



How long is the hospital stay after organ donation surgery?

The length of hospital stay depends on the donor's recovery rate and the type of procedure performed. On average:

Kidney donation
typically

3-5
days

Liver donation
approximately

7
days



GIVING LIFE THROUGH LIVING ORGAN DONATION

Living donors make it possible for countless patients to receive life-saving transplants.

Donating an organ does not affect life expectancy or a female donor's ability to conceive. After recovering from surgery, most donors continue to lead happy, healthy, and active lives.

At Mount Elizabeth Hospitals, we prioritize the safety and well-being of our donors. Understanding the process and its potential impact is an important step in making an informed decision. For more information, and to learn how we ensure donor safety, speak to our transplant team today.



IHH Healthcare

IHH Healthcare has a global network of 83 hospitals and ancillary services in 10 countries.

As a patient at Gleneagles Hospital Singapore, Mount Elizabeth Hospital, Mount Elizabeth Novena Hospital and Parkway East Hospital, you enjoy easy access to a full spectrum of integrated healthcare services under the IHH Healthcare ecosystem.

For more information, speak to us at:

