

Organ Transplant Center Living Donor Selection Criteria

The multidisciplinary transplant committee (physicians, social workers, nurses, pharmacists, dietitians) uses these criteria or reasons to decide if a patient can safely donate a kidney. These reasons help the team make decisions, but every donor is evaluated individually.

A person that is interested in being evaluated to donate a kidney must choose to donate free from inducement (influencing a person to take a specific action by offering money or other reward) or coercion (making a person do something against their own will), be physically fit, and understand the risks and benefits of living kidney donation.

Reasons a person cannot donate a kidney include:

- 1) Age < 18 years and unable to make an informed decision
- 2) Evidence of kidney disease or having more than two kidney stones
- 3) Diagnosis of Type 1 diabetes at any age
- 4) Hypertension (high blood pressure) measuring above 130 systolic pressure or above 80 diastolic pressure (130/80 and above) if they are younger than 50 years old
- 5) Hypertension (high blood pressure) measuring above 130 systolic pressure or above 80 diastolic pressure (130/80 and above) if they are older than 50 years old and taking more than two anti-hypertensive medications
- 6) Body Mass Index (BMI) ≥ 35 (based on height, weight, and body shape)
- 7) Active or untreated malignancy (cancer) that needs to be treated
- 8) Microalbuminuria (a small amount of protein leaks into urine) more than 30 mg per day
- 9) Pressure or coercion (making a person do something against their own will) to donate a kidney
- 10) High suspicion of knowingly trying to buy, sell, or trade anything of value in exchange for any human organ

Reasons a person may not be able to donate a kidney include:

- 1) History of bleeding disorders or thrombosis/embolism (types of blood clots in the body)
- 2) Diagnosis of Prediabetes or Type 2 diabetes. The transplant team may further evaluate to look for signs of damage caused by either condition.
- 3) Current infection, like skin, tissue, blood, or lung infection. The infection would need to be treated and gone to be a kidney donor
- 4) Unstable mental health
- 5) Serious heart or heart vessel disease
- 6) Serious disease of the lungs

If interested in donating a kidney, patients can submit an initial health questionnaire at uiowa.donorscreen.org to start the process.

