

Living Donor Eligibility

HEALTHY LIVING DONORS MUST

- Be between the ages of 18-55
- Be in good physical and mental health
- Have a BMI less than or equal to 32
- Not engage in active ongoing drug or substance abuse
- Have an unselfish desire to contribute to another person's life in a healthy way
- Be in good general health and have no history of:
 - Liver disease, including cirrhosis and hepatitis
 - Significant diseases involving the other organs — lung, kidney, and heart
 - Pulmonary hypertension
 - HIV
 - Active malignant cancers

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CONTACT INFORMATION

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Living Donor Liver Transplant

Living donation is a life-saving procedure that offers hope to those on the liver transplant waiting list. At UPMC, we understand that the decision to become a living donor is a big step and our team will offer support and guidance through each stage of the process.

THE LIVING-LIVER DONATION PROCESS INCLUDES

- A pre-liver Donor Evaluation
- Living-donor liver surgery
- Post-liver-donation recovery

The UPMC Living Donor Transplant team will walk patients and donors through each phase of the process to make sure that living donation poses the least possible risk to the donor and recipient.

Donor Evaluation

PHASE ONE

- Potential living donors must be between the ages of 18 and 55, in general good health, and have an unselfish desire to contribute to another person's life
- The living donor evaluation begins by contacting the UPMC Living Donor Transplant team through the online donor registration application
- This application allows our team to learn more about a donor's health and to determine if he or she qualifies as a potential donor
- If the applicant is a suitable candidate for living donor surgery, he or she will be contacted by a living-donor transplant coordinator
- Standard blood tests will be conducted to determine a donor's blood type
 - These blood tests can be performed at a local hospital, blood bank, or primary care physician's office

PHASE TWO

- Eligible and interested living donors will be scheduled for a two-day evaluation with the multidisciplinary team at the UPMC Living Donor Transplant Program

- During this evaluation, potential donors will meet with the following team members:
 - Living-donor liver coordinator
 - Transplant hepatologist
 - Living-donor advocate
 - Behavior medicine expert
 - Transplant social worker
 - Nutritionist
 - Financial advisor
 - Pharmacist
- Potential donors must also meet with Abhinav Humar, MD, chief of Transplant Surgery, to discuss the details of the surgery, the possible risks, and the complications associated with being a living donor
- This evaluation includes a complete medical, physical, and psychological examination along with the following extensive lab work:
 - Liver function tests
 - Viral serologies
 - Complete blood count
 - HIV
 - Lipid profile
- Additional testing will also be performed, including:
 - Electrocardiogram (EKG)
 - Chest X-ray
 - CT scan of the abdomen to evaluate liver anatomy
 - Liver volumes and MRI of the abdomen to evaluate the bile ducts and their anatomy
- Depending on the age of the potential donor, additional testing and a stress test may also be necessary

PHASE THREE

- Once all the necessary testing has been performed, the multidisciplinary liver transplant team will meet to review and discuss the donor's test results to determine if he or she is a suitable candidate for donation and approved for surgery
- Once the donor is approved, the surgery will be scheduled at a time that is convenient for the donor and the recipient
- Prior to surgery, the donor will meet with the transplant surgeon to sign all necessary paperwork and discuss any additional questions
- Donors will also meet with an anesthesiologist to discuss the anesthesia process and ask any questions before the operation

Donation Phase

- On the day of surgery, the donor will be admitted to UPMC Montefiore, where the living donor transplant coordinator will walk him or her through the entire process
- During living-donor liver transplant and immediately following surgery, donors are taken care of by the transplant surgical team
- Additional support may be provided by a transplant social worker, pharmacists, and the living-donor advocate
- Donor safety is very important to our team, so the education process does not stop when the surgery begins, but will continue throughout the donor's entire hospital stay. Additional support includes information about:
 - Post-charge care
 - Medications
 - Wound care
 - Nutrition
 - Short-term and long-term follow-up care
- As a donor is discharged, he or she is cared for by the entire transplant team, especially the surgical team
- Our teams will remain in constant communication with the living-donor coordinator to ensure a seamless transition and continued care after the donor is discharged

Post-Donation Phase

- The liver transplant team at UPMC will work with each donor to provide a personalized treatment plan that meets his or her needs after liver donation surgery and donors are continually followed by the transplant surgeon
- Additional follow-up care, lab work, and treatments are performed and documented
- Three months after donating, a CT scan is performed to ensure that the liver has regenerated and is functioning appropriately