

Why Become a Living Liver Donor?

A living donor makes all the difference in helping a patient receiver a lifesaving liver transplant. Relatives, loved ones, and friends may serve as living donors.

The urgent need for liver donors

23,000+

people in California are waiting for an organ transplant.¹



2,000+ Californians are on the liver waitlist.¹



44%

Latinx

38%

White Americans

12%

Asians and Pacific Islanders

4%

Black Americans

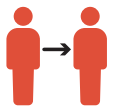
1%

Native Americans

1%

Multiethnic

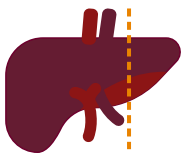
Who should donate?



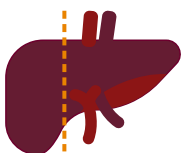
Direct donor

Family members and friends who are compatible with the recipient

How much can you donate?



Roughly **20%** of a donor's liver is safely removed to donate to a **pediatric** patient.



Roughly **50 - 65%** of a donor's liver is safely removed to donate to an **adult** patient.

Shorter recovery time

Our minimally invasive laparoscopic procedure allows clinicians to manipulate surgical tools through small holes in the body to visualize the surgical area and perform the liver donation. Your surgeon will determine if you are a candidate for this type of surgery or the traditional surgical approach.

After you donate part of your liver

- A donor's liver **fully regrows within two months³** and will regain full function. The donated portion does the same for the recipient.
- Following donation surgery, you may be hospitalized for up to **one week**.
- Overall recuperation time at home is **six to eight weeks**, after which you can return to normal activities like work, school, and exercise.

Learn more at stanfordhealthcare.org/livingdonor

¹ The Organ Transplant Waiting List, Donate Life California, accessed March 29, 2023, <https://donatelifecalifornia.org/education/how-donation-works/the-organ-transplant-waiting-list>

² "State data," Organ Procurement & Transplantation Network, accessed April 13, 2023, <https://optn.transplant.hrsa.gov/data/view-data-reports/state-data>

³ "Making an informed decision: Recovery from surgery," United Network for Organ Sharing, accessed April 4, 2023, <https://unos.org/transplant/living-donation>

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Frequently Asked Questions



Health Care

How do doctors decide whether I can be a living donor?

Stanford Health Care has a rigorous selection policy. The process of evaluating a potential donor's health and compatibility is safe, noninvasive, and comprehensive. In most cases, we can assess the health of a liver without a liver biopsy.

Do my faith and traditions permit organ donation?

Many religions view organ donation as an act of kindness or a matter of individual conscience. If you have questions or concerns, consult your spiritual advisor.

Are there potential complications with liver donor surgery?

All patients experience some discomfort after surgery. As with any medical procedure, there are risks and benefits to being a living liver donor. You will learn more about the individual risks from your medical professional during the evaluation process. Learn more about risks at the United Network for Organ Sharing (UNOS) website.¹

Is there an age restriction to being a living liver donor?

Yes. Stanford Health Care does not accept living liver donors over the age of 55. Older living liver donors have a decreased ability to regenerate so it is in their best interest to not donate. All potential living donors undergo a thorough medical evaluation to determine if you are eligible to donate.

Who is qualified to become a living donor?

Living donors must be in good health. All potential living donors undergo a comprehensive medical evaluation to determine whether donation is safe for both recipient and donor. We welcome potential living donors of all races, ethnicities, genders, and sexual orientations. Also note that having tattoos does not prevent you from becoming a living donor.

Where can I learn about living donors' experiences?

Find donor and patient stories in the UNOS Transplant Living community at transplantliving.org/community, donatelife.net/stories, and donatelifecalifornia.org.

How can I learn more?

- Whether or not you are sure you want to become a living liver donor, the first step is to start the conversation and call our living donor team at **650-724-5672**. We are ready to answer all questions about living liver donation.
- If you are interested in becoming a donor for a loved one or friend in need on Stanford Health Care's liver transplant list, the next step is to complete our living donor medical questionnaire to determine your eligibility to donate, visit stanfordhealthcare.org/donateliver.
- To learn more about living donation; important living donation facts; and inspiring donor stories, visit stanfordhealthcare.org/livingdonor.

¹ Risks, UNOS Transplant living, accessed August 31, 2022, <https://transplantliving.org/living-donation/being-a-living-donor/risks>