

## **ALF LIVING DONOR NETWORK™**

### **QUICK START GUIDE**

Thank you for your interest in becoming a non-directed liver donor and for giving hope to those waiting for a second chance at life.

Your willingness to explore becoming a non-directed living liver donor speaks volumes about your generosity and commitment to helping the 100 million Americans affected by liver disease.

#### **WHAT CAN I EXPECT?**

The health questionnaire will take approximately 15-20 minutes to complete. It will ask questions about your medications, health history, general health status, surgical history, family medical history, demographics and your interest in becoming a living liver donor.

After receipt of your intake form, a representative will reach out with information about living donation and advise you on the next steps should you decide to proceed.

#### **WHAT QUALIFIES ME TO BECOME A DONOR?**

Each transplant center may have slightly different criteria, however there are some basic requirements you should meet if considering liver donation:

- Over 18 years old
- In excellent physical and mental health
- BMI under 35
- Blood type compatibility with recipient
- No significant medical conditions (i.e. liver disease, heart disease, diabetes)
- Non-smoker or willing to quit before surgery
- Ability to abstain from alcohol for period of time pre and post-transplant
- Willing and informed, with no pressure or coercion
- Strong support system for recovery

#### **WHAT IS INVOLVED IN A DONOR SURGERY?**

Donors are typically hospitalized for 5-10 days or less and may require some assistance at home for 2-3 weeks. Full recovery can take 6-8 weeks, or less, depending on a number of factors. Most donors are able to return to work 8 weeks after surgery. The transplant center will follow up with you at 6, 12 and 24 months post-donation. To learn more visit our Living Donor Liver Transplant Information Center at [liverfoundation.org/livingdonor](http://liverfoundation.org/livingdonor).

#### **WE'RE HERE TO SUPPORT YOU**

- **Ready to register?**  
Visit [ALFLivingDonorNetwork.org](http://ALFLivingDonorNetwork.org)
- **Have questions about the living donor process?**  
Visit [LivingDonorNetwork.liverfoundation.org](http://LivingDonorNetwork.liverfoundation.org)  
Email [LivingDonorNetwork@liverfoundation.org](mailto:LivingDonorNetwork@liverfoundation.org)
- **Require technical support?**  
Email [help@medsleuth.com](mailto:help@medsleuth.com)

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