



Items to Complete PRIOR to Moving Forward with a Living Kidney Donor Evaluation

1. Ensure your intended recipient has been notified by a CCHS recipient transplant coordinator of his/her ability to have a donor begin a living donor evaluation on his/her behalf.
2. Obtain a health insurance policy.
3. Read the living donor packet.
4. Contact the Living Donor Coordinator with any questions regarding the information you read.
5. Complete the living donor consent form signed for evaluation only.
6. Complete the self-assessment form.
7. Discuss your interest in living kidney donation with your Primary Care Physician (PCP).
8. Obtain a PCP.
9. See your PCP for a wellness exam if you have not done so in the last year.
10. Have PCP records forwarded to our office for review.
 - a. Last 3 office visit notes (one should be the wellness exam)
 - b. Medication list
 - c. Problem list
 - d. Most recent Labs
11. Discuss your interest in living kidney donation with your mental health provider.
12. Have records from your mental health provider forwarded to our office.
 - a. Initial assessment note
 - b. Medications you are taking
 - c. Current treatment notes.
13. Ensure that your personal health maintenance is up-to-date.
 - a. PAP, women of all ages
 - b. Mammogram, women \geq 45 years old (age of completion should be per your PCP discretion).
 - c. Colonoscopy, men and women \geq 50 years old.
14. Assess your wishes to obtain or maximize a Life Insurance/Disability Insurance policy prior to beginning a donor evaluation. These policies may be difficult or even impossible to obtain once you have started a living donor evaluation.
15. QUIT smoking.

Once a potential donor has initiated the living donor process and ALL of the above issues have been resolved, all above documents will be forwarded to our office in order to begin a Living Kidney Donor Evaluation process.