

Inova upholds rigorous standards for living donor evaluation and selection to ensure the safety and well-being of our donors while recognizing the generosity of individuals who wish to pursue living donation. We support opportunities for living donation whenever medically appropriate and encourage anyone interested in becoming a living donor to contact Inova with questions about their eligibility. We are happy to discuss each individual's unique medical situation, and guide them through the evaluation process.

To Be Considered for Living Kidney Donation at Inova, Individuals Must

- A. Be 18 – 74 years of age
- B. Complete the psychosocial and medical evaluation outlined below
- C. Be approved for donation by the multidisciplinary care team

Living kidney donation is not appropriate for every individual. To protect donor safety and recipient outcomes, the following are considered **absolute contraindications to donation**.

- A. < 18 years of age
- B. 75 years of age
- C. Mentally incapable of making informed decision
- D. Active cancer in last 5 years except non-melanotic skin cancer
 - a. Incompletely treated cancer that requires treatment other than surveillance or
 - b. Cancer that has more than a minimal known risk of transmission
- E. Body mass index (BMI) >35 kg/m²
- F. Diabetes Type I or verified Type II diabetes
- G. Hypertension requiring more than one controlling medication
- H. Estimated Glomerular Filtration Rate (eGFR) < 60ml/min/1.73m² by more than one estimating equation or by 24-hour urine creatinine clearance
- I. Collagen vascular diseases other than isolated positive ANA
- J. Chronic heart failure or active coronary disease
- K. Chronic lung disease and/or needing ambulatory oxygen therapy
- L. Bleeding disorder
- M. HIV
- N. Active Hepatitis C infection (Individuals may be reconsidered following successful treatment)
- O. Sickle cell trait or sickle cell disease
- P. Current pregnancy
- Q. Current intravenous drug use or cocaine use
- R. High suspicion of donor inducement, coercion or other undue pressure
- S. High suspicion of knowingly and unlawfully acquiring, receiving or otherwise transferring anything of value in exchange for any human organ

- T. Uncontrolled diagnosable psychiatric conditions requiring treatment before donation, including any evidence of suicidality

The following conditions may not automatically exclude an individual from donation but require additional evaluation and individualized risk assessment by the multidisciplinary living donor team:

- A. < 21 years of age for non-directed donation
- B. eGFR 60-80 ml/min/1.73m²
- C. Asymptomatic microscopic hematuria
- D. Proteinuria
- E. History of nephrolithiasis
- F. BMI 30-35 kg/m²
- G. High risk for developing diabetes (diagnosed with pre-diabetes, history of gestational diabetes, first-degree family member with diabetes)
- H. First-degree relative with any of the following:
 - a. Sick cell trait (SCT) or sickle cell disease (SCD)
 - b. Autosomal dominant polycystic kidney disease
 - c. Collagen vascular disorders (rheumatoid arthritis, lupus, scleroderma, mixed connective tissue disease, Sjogren syndrome)
- I. Psychiatric condition requiring treatment
- J. History concerning for a hypercoagulable condition (e.g. DVT without cause, or 2 or more miscarriages within the first 12 weeks of gestation)
- K. History of cancer in full remission >5 years, carcinoma in situ, or non-melanotic skin cancer