



2025

Writing to Your Anonymous Kidney Transplant Recipient

The decision to write your anonymous (unknown) kidney transplant recipient is a personal choice.

The decision is yours. You do not have to write to them if you do not want to.

If you would like to write to your transplant recipient, this pamphlet will give information to guide you.

When should I write?

You may choose to write to your recipient at any time. There is no deadline.

What should I say?

All writing (like letters or cards) between you and your transplant recipient is anonymous. You will not know each other's names. This is for everyone's privacy.

You may wish to include the following information:

- Start your card or letter with "Dear Recipient".

- Share your thoughts and feelings about organ donation, like:
 - › Why you decided to donate
 - › How the donation experience has affected your life
- Sign your card or letter “Your Donor”.

Do not include:

- Your first or last name
- Your address, phone number, email, or where you work
- Locations, including the province you live in and the hospital where the donation took place
- Any other buildings or places
- Your cultural background, age, religion, race, or ethnicity
- Any other identifying information

How do I send my card or letter?

- Get 2 envelopes.
- Put your card or letter in one envelope. **Do not** seal the envelope.

**On a separate sheet of paper,
write:**

- › Your full name
 - › The province you live in
 - › The date of your donation
 - › Your phone number
 - Put this sheet of paper **in the same envelope as your card or letter. Do not seal it.**
 - Put the 1st envelope with your card or letter and the sheet of paper into the **2nd envelope.**
 - **Seal the 2nd envelope. Send it to:**
Live Kidney Donor Coordinator,
Multi-Organ Transplant Program
Rm 6S-254, Victoria Building
QE II Health Sciences Centre
1276 South Park Street
Halifax, NS B3H 2Y9
 - The living kidney donor coordinator will check your card or letter to make sure it does not have any personal information.
 - If they have questions about the card or letter, they will contact you before sending it to your recipient.
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- If you need help or have questions when you are writing to your recipient, contact your living kidney donor coordinator or social worker.

Will I hear from my transplant recipient?

- You may or may not hear from your recipient. Some people may be overwhelmed with emotion and have trouble expressing their gratitude. It may be months or years before they feel comfortable writing to you.
- If your recipient writes to you first, **you do not have to write back.**
- If your transplant recipient sends a card or letter, the recipient coordinator will check that it does not have any personal information before sending it to you.

Direct contact

If your donation took place in Nova Scotia after January 18th, 2021, you may be eligible to contact your recipient directly.

Both you and your recipient must:

- › Be willing to have contact
- › Meet certain criteria

For more information, please contact:

Family Support Liaison

Legacy of Life Organ Donation Program
Suite 300, 3rd Floor, Park Lane Terraces
5657 Spring Garden Road
Halifax, NS B3J 3R4

- › Phone: 902-718-9124
- › Email:
DonorFamilySupport@nshealth.ca

This pamphlet is not intended to replace the advice or professional judgment of a health care provider. If you have any questions, please ask your health care provider.

Prepared by: Living Kidney Donor Program,
Multi-Organ Transplant Program
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