

- If you need help or have questions when you are writing to your donor, contact your recipient coordinator or social worker.

Will I hear back from my kidney donor?

- You may or may not get a letter back from your donor.
- If they write to you first, **you do not have to write back.**
- If your donor sends a card or letter, the living kidney donor coordinator will check to make sure it does not identify them before sending it to you.

Direct contact

If your transplant took place in Nova Scotia after January 18th, 2021, you may be eligible to contact your donor directly. Both you and your donor must:

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

For more information about the direct contact process, 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.

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Multi-Organ Transplant Program

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Writing to Your Anonymous Living Kidney Donor

The decision to write your anonymous (unknown) living kidney donor to thank them for their donation 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 donor, this pamphlet will give information to guide you.

When should I write?

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

What should I say?

All writing (like letters or cards) between you and your donor 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 Donor".
- Thank them for their gift.

- Tell them how long you have waited for a transplant and what the wait was like for you and your loved ones.
- Explain how the transplant has improved your health and changed your life.
- Talk about the activities that you can do now that you could not do while waiting for your transplant.
- Sign your card or letter "Your Recipient".

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 you had your transplant
- 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:** Recipient Coordinator, Multi-Organ Transplant Program Rm 220-6, Victoria Building QE II Health Sciences Centre 1276 South Park Street Halifax, NS B3H 2Y9
- The recipient coordinator will check that your card or letter does not have any personal information. If they have questions about the card or letter, they will contact you before sending it to your donor.