

- 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 receive a letter back from your donor.
- If they write to you first, **you do not have to write back.**
- If your donor sends a letter, the Living Kidney Donor Coordinator will review it 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 18, 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 and Tissue Donation Program  
Room 4091, Abbie J. Lane Building  
5909 Veterans' Memorial Lane  
Halifax, NS B3H 2E2

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

#### Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

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and scent-free environment.*

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[www.nshealth.ca](http://www.nshealth.ca)

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The information in this pamphlet is to be updated every 3 years or as needed.

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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 correspondence (letters, cards, etc.) is anonymous. You and your donor 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 were not able to 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, the hospital where you had your transplant, etc.
- Your cultural background, age, religion, race, or ethnicity
- Any other identifying information

### **Where do I send my card or letter?**

- Place your card or letter in an envelope. **Do not** seal the envelope.
- Write your full name, the province you live in, the date of your transplant, and your phone number on a **separate** sheet of paper.
- Place your card or letter and the paper in a **second** envelope.
- **Seal the outer envelope** and send it to:  
Recipient Coordinator,  
Multi-Organ Transplant Program  
Rm 220-6, Victoria Building  
QEII Health Sciences Centre  
1276 South Park Street  
Halifax, NS B3H 2Y9
- The Recipient Coordinator will review the 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 donor.