

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 several months, or even years, before they feel comfortable writing to you.
- If they write to you first, **you do not have to write back.**
- If your transplant recipient sends a card or letter, the Recipient Coordinator will review it to make sure it does not have any personal information before sending it to you.

Direct Contact

If your donation took place in Nova Scotia after January 18, 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 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>

*Nova Scotia Health promotes a smoke-free, vape-free,
and scent-free environment.*

Please do not use perfumed products. Thank you!

www.nshealth.ca

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Designed by: Nova Scotia Health Library Services

The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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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 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 correspondence (letters, cards, etc.) is anonymous. You and the transplant recipient 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, the hospital where the donation took place, 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 donation, 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:
Live Kidney Donor Coordinator,
Multi-Organ Transplant Program
Rm 6S-254, Victoria Building
QEII Health Sciences Centre
1276 South Park Street
Halifax, NS B3H 2Y9
- The Living Kidney Donor 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 recipient.
- If you need help or have questions when you are writing to your recipient, contact your Living Kidney Donor Coordinator or social worker.