

**Maine Medical Center  
Maine Transplant Program  
Policies and Procedures  
Living Kidney Donation Inclusion and Exclusion Criteria**

**Inclusion Criteria**

1. Voluntary and appropriate altruistic motivation
2. Normal renal function (creatinine clearance above 85 ml/min on two separate occasions)
3. Donor capable of understanding “Living Donor Evaluation Consent” which reviews risks associated with donation and complications

**Absolute Contraindications**

1. Is both less than 18 years old and mentally incapable of making an informed decision\* (Age 18-24 requires documentation that the donor’s maturity level has been addressed)
2. Diabetes Mellitus (either by fasting glucose, 2 hr GTT or HbA1C > 6.5%)
3. Stage 1 CKD as evidenced by unexplained proteinuria or hematuria
4. Hypertension
  - a. HTN uncontrolled with a single medication
  - b. HTN with end-organ damage (LVH by ECHO, microalbuminuria, retinopathy)
  - c. HTN under age 50
  - d. HTN in minority populations
  - e. HTN with other cardiovascular risk factors (dyslipidemia, tobacco use, overweight, family history or cardiovascular disease)
5. History of nephrolithiasis with large stone burden (5 mm), abnormal metabolic profile (serum or urine) or age below 40
6. Active malignancy, or incompletely treated malignancy\*
7. History of cancer within last 5 years (other than minor skin malignancies)
8. History of melanoma at any time
9. Active substance abuse including heavy ongoing alcohol use
10. Morbid obesity (BMI > 35 mg/m<sup>2</sup>)
11. Coronary artery disease or valvular heart disease associated with increased risk of surgery
12. Major neurological conditions (e.g., cerebrovascular accident, multiple sclerosis)
13. Connective tissue diseases (e.g., lupus erythematosus, scleroderma)
14. Hematological conditions (sickle cell anemia, thalassemia)
15. Significant liver disease with synthetic and functional abnormalities
16. Psychosocial Issues
  - a. Psychiatric illnesses that prevents the donor from understanding the process of informed consent and risks associated with surgery
  - b. Uncontrolled diagnosable psychiatric conditions requiring treatment before donation, including any evidence of suicidality\*
  - c. Evidence of suicide risk\*
  - d. High suspicion of donor coercion\*
17. Infectious conditions that not only pose an increased risk for donor, but might be transmissible to the recipient through donation
  - a. Hepatitis C antibody positivity
  - b. HIV, unless the requirements for a variance are met, according to *Policy 15.7: Open Variance for the Recovery and Transplantation of Organs from HIV Positive Donors\**
  - c. Hepatitis B antigen positive
  - d. Untreated TB
  - e. Failing screening for potential Mad Cow Disease transmission

18. Evidence of acute symptomatic infection (until resolved)\*American Society of Anesthesiologists Physical Status (ASA PS) score 3 or greater
19. High suspicion of illegal financial exchange between donor and recipient\*
20. Pregnancy in last 6 months, or plan to become pregnant in next 6 months
21. Any disease requiring treatment with renal toxic medication
22. Refusal to consent for blood products
23. Failing screening for potential Mad Cow Disease transmission

#### **Relative Contraindications**

1. Glucose intolerance (either by elevated fasting glucose, 2 hr GTT or HbA1C)
2. Chronic pain which requires treatment with non-steroid anti-inflammatory drugs
3. Certain malignancies > 5 years in remission – Will be reviewed case by case basis
4. Hepatitis B core Antibody positive
5. Evidence of atherosclerosis on angiogram
6. Steatohepatitis
7. Heavy tobacco use with pulmonary function test abnormalities
8. History of thromboembolic disease (pulmonary embolism, deep vein thrombosis)
9. Peripheral vascular disease, aortic atherosclerosis, aortic aneurysm)
10. For females only: Inability to stop hormone replacement therapy or hormonal contraception
11. Other medical conditions, that in the opinion of the donor advocate and/or transplant surgeons, place the donor at an unacceptable risk for medical problems either during surgery or short-term and long-term post donation.

\*Items that are asterisked are stated in the exclusion criteria for all living donors per UNOS Living Donation policy 14.4.D

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