

# Understanding and Agreeing to *Better Than Dialysis* Kidneys

## ***Better Than Dialysis* Kidneys**

can be a good option for you if you are older, have other medical conditions in addition to kidney disease, or if you have been on dialysis for several years.



Considering and accepting a *Better Than Dialysis* kidney can also shorten your time on the transplant waitlist. These kidneys may also be called expanded criteria or high KDPI kidneys.

### **Expanded Criteria Kidneys**

Expanded criteria kidney donors have the following risk factors:

- Donor age is over 60, or over age 50 with these risk factors:
  - History of high blood pressure,
  - Stroke as the cause of death,
  - Serum creatinine level over 1.5 mg/dL before the kidney is removed (this shows the level of kidney damage).

Accepting one of these kidneys can improve your **quality of life** while also providing rest from dialysis.

Your transplant center must get your **written permission** to consider one of these kidneys for you. The kidney may not be perfect but could be a great option for you. These kidneys may require some dialysis after the transplant to “kick start” the function of the kidney, but your transplant team will have a plan for that.

### **High Kidney Donor Profile Index (KDPI)**

KDPI is used to provide each kidney with a score to help transplant professionals match the right kidney for you. KDPI scores are based on characteristics of the individual donating the kidney. A high KDPI kidney score may be based on a kidney donor's:

- Age, height, and weight,
- Race/ethnicity,
- History of high blood pressure and diabetes,
- Cause of death,
- Serum creatinine level, and
- Presence of hepatitis C.

All or any of these characteristics can help determine how long the kidney will function for you.

Higher KDPI scores are expected to function for a shorter amount of time and every transplant and recipient's experience will vary. These kidneys may be a good option if you do not want to stay on dialysis for a long time.

**Ask your nephrologist or transplant team about Expanded Criteria and High KDPI kidneys - they are *Better Than Dialysis*.**

