

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*.

