

# Organ and Tissue Donation Opt out System

## What is organ and tissue donation?



## Organ and tissue donation.



As you get near to your 16<sup>th</sup> birthday you have some important decisions like what to study or what job to do.



One decision you might like to think about is if you want to be an organ and tissue donor or not.



This letter is about the organ and tissue donation opt out system in Scotland and the choices you have.



The opt out system applies to people aged 16 years and over.

It means that you will be considered to have agreed to be a donor when you die, unless you choose to opt out.



You decide if you want to donate.

You have a choice.



The Scottish Government does not have your personal information to send this letter.

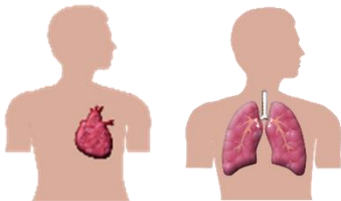
NHS National Services Scotland are looking after the data and sending the letters.



You can find out more information about this at

[www.nhsnss.org/services/practitioner/data-protection](http://www.nhsnss.org/services/practitioner/data-protection)

## What is organ and tissue donation?



Organs are parts of your body like the heart, lungs, kidneys and liver.



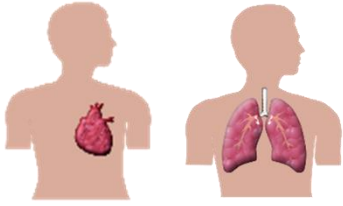
Tissue is from parts of your body like skin and eyes.

Donation means giving away.

Organ donation means you agree that parts of your body can be used after you die.

If you agree to give away your organs you are called a donor.





Your organs could be put into someone's body in an operation to help them live longer.

This is called a transplant.



A very small number of people will be able to donate their organs as you can only do it if you die in the intensive care part of a hospital.



Lots of people think organ and tissue donation is a good thing but it is up to you if you want to donate or not.



We want everyone to decide if they want to donate or not.

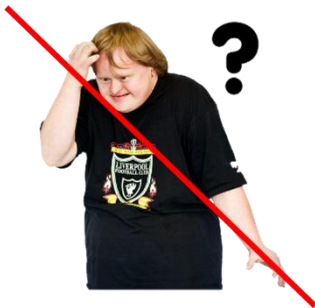
We want them to register on the NHS Organ Donor Register and tell their family about their decision.

## Who does the opt out system not apply to?



The opt out system will not apply to:

- children under 16.



- people who cannot understand that they have to opt out if they do not want to be a donor – for example someone with a learning disability.

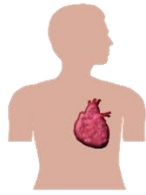


- people who have lived in Scotland for less than a year before their death.

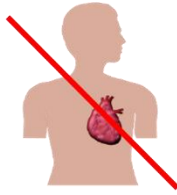


If a person in one of these groups dies and they have not made their own decision about donation then their family member will be asked if they agree to the donation.

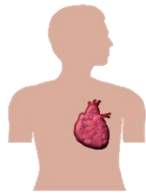
## Your choices



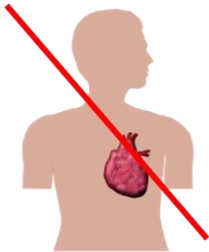
You can choose to be a donor.



You can choose to opt out of donation.  
This means you do not agree to donate your organs.



If you do not record a decision it will be assumed that you agree to be a donor.



Donation will not go ahead if you told your parent or guardian or family it was not what you wanted.



Specialist nurses will talk to your parent or guardian and family to find out what you thought about donation.



It is important to tell your parent or guardian or family your decision.

If you are not sure if you want to donate or not, talking about it with a parent or guardian or with family and friends might help you decide.



Your name will not be on the NHS Organ Donor Register until you record your decision.



The NHS Organ Donor Register is a list of people who have said what they want to happen to their organs and tissue after they die.

## How do I record my decision?



- go online at [www.organdonationscotland.org](http://www.organdonationscotland.org)



- or call 0300 123 23 23.

The cost will be the same as a local call depending on your phone provider.

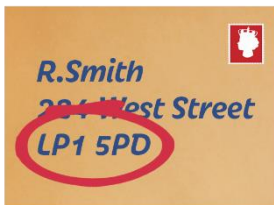




- fill out a registration form.



Get a form by calling 0300 123 23 23 or email: [enquiries@nhsbt.nhs.uk](mailto:enquiries@nhsbt.nhs.uk)



You can also get a form by writing to:  
NHS Blood and Transplant  
FREEPOST RRZKSHUX-SBCK  
NHSBT  
Fox Den Road  
Stoke Gifford  
Bristol BS34 8RR.

Please give us your full postal address when you write to us.

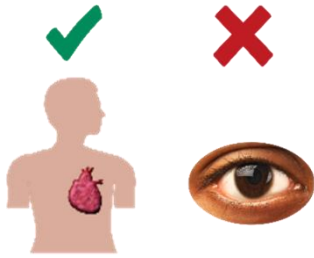


You can also contact  
ContactSCOTLAND-BSL  
[www.contactscotland-bsl.org](http://www.contactscotland-bsl.org) where a video interpreter can relay calls.





## What happens if I choose to be a donor?



You can say which organs or tissue you want to donate.



If you choose to be a donor you agree that medical tests may be carried out shortly before you die as part of donating.



These tests help doctors to check the transplant will be safe and work well.



The tests may be:

- taking samples of blood and urine to test
- giving medication or other fluids through a drip
- checking your heart or breathing
- x-rays or scans in bed





Specialist nurses will talk to your parent or guardian or family to make sure these tests do not happen if you would not have wanted them.



Find out more at:

[www.organdonationscotland.org/testsandprocedures](http://www.organdonationscotland.org/testsandprocedures)

**I do not want to record a decision on the NHS Organ Donor Register.**



If you do not want to record a decision on the NHS Organ Register write your decision down.



Tell your family and friends what you have decided.

## Other formats of this letter.



If you need information in:

- another language
- audio
- large print
- or British Sign Language

you can:



- call 0300 123 23 23



- email [enquiries@nhsbt.nhs.uk](mailto:enquiries@nhsbt.nhs.uk)

- or write to:

NHS Blood and Transplant  
FREEPOST RRZKSHUX-SBCK  
NHSBT

Fox Den Road  
Stoke Gifford  
Bristol BS34 8RR.



Please give us your full postal address when you write to us.



- or go online to:  
[www.organdonationscotland.org/resources](http://www.organdonationscotland.org/resources)

## Where can I get more information or ask a question?



You can read more about organ and tissue donation in this information leaflet:  
[www.organdonationscotland.org/information-leaflet](http://www.organdonationscotland.org/information-leaflet)



If you, your parent, guardian or family need more support to understand what the organ and tissue donation opt out system means for you, please call 0300 123 23 23.