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## Responding to an appeal on social media

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### Information for potential donors

There has been an increase in people using social media to appeal for a living kidney donor for themselves or on behalf of a family member or friend. Before responding to such an appeal, please ensure that you have looked at the information on [www.livingdonation.scot](http://www.livingdonation.scot) and considered the following points:

- The living donor transplant teams may be receiving many enquiries for the same appeal. There is a process to select the most suitable potential kidney donor. If you are not selected as a potential donor for the person who made the appeal, we would encourage you to consider if you might donate to someone else on the waiting list instead.
- Please do not contact the recipient or their family directly – the process is managed via the living donor transplant team. Discussion with the recipient by the transplant team will take place at an early stage, but initial tests and information sharing need to take place first. Contacting directly at an early stage can raise unrealistic expectations for the potential recipient.
- Many people may contact the team to enquire, then may not wish to, or may not be able to progress due to many different factors. It is important to share your full medical and mental health history at an early stage. We also encourage you to speak to your family and support networks early on, as often there can be conflicting views about whether you should become a donor or not.
- The assessment process to donate a kidney usually takes around three months. Donating a kidney is major surgery and donors are expected to take at least six weeks off work to recover depending on their work and lifestyle.
- If you are responding to a social media appeal, please be aware that it is possible that you may never meet the recipient.

For further information on living kidney donation visit  
[www.livingdonation.scot](http://www.livingdonation.scot)

Call: **Edinburgh 0131 242 1703 Glasgow 0141 451 6200**