

# Writing to Your Anonymous Living Donor

## For patients who have received an anonymous living donor transplant

You may want to write to your anonymous living donor to thank them for their donation. This is not required. It is a personal choice.

Read this pamphlet to learn more about:

- What to write
- When to write
- How to send your card or letter

**You may contact your anonymous living donor with an anonymous letter or card. It will be delivered through the transplant centre.**

**No exchange of gifts is allowed.**



## What can I write?

Some transplant recipients find it hard to write down their thoughts in a card or letter. You can begin with “Dear Donor” and write a simple expression of thanks signed “from a grateful Recipient”. This can be very meaningful to the anonymous living donor.

Here are some examples:

Thank you for your generous, unselfish gift of organ donation. I want you to know that I am very appreciative and that I continue to give thanks every day for this gift of life.

I hope this finds you well. Words cannot fully express how thankful I am for your generosity and compassion. Thank you for giving me a second chance at life.

## When should I write?

If you decide to write, you can do so at any time after the transplant. If you write immediately after your transplant, the card or letter will not be sent to the anonymous living donor until after you are both discharged from the hospital.

The card or letter should **not** include any of the following:

- Information that can identify you such as your name, family member names, home address or work location, city, or telephone number
- Your cultural background, religion, race, ethnicity, gender, age, birthday, where you were born, your politics, job, education
- Asking to meet
- Asking for a letter or card in return

## How do I mail the card or letter?

When your card or letter is finished, put it in an unsealed envelope.

On a separate piece of paper, write down your full name and the date of your transplant. Then put the card or letter in the unsealed envelope **and** the piece of paper in a separate sealed envelope. Give it to or mail it to your transplant coordinator. Your transplant coordinator will review the card or letter to make sure it has no personal information before sending it to the anonymous living donor.

If the card or letter is not suitable, your transplant coordinator will let you know and give you a chance to send another one.

If you need some help with your card or letter, please ask your transplant coordinator or social worker for help.

## Will I hear from the donor?

You may or may not receive a card or letter from the anonymous living donor. If they write first, you do not have to write back.

If the anonymous living donor sends a card or letter to you, the Living Donor team will first review it to make sure it has no personal information. If it is suitable, it will be sent to your transplant coordinator, who will then contact you to send the card or letter to you.



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