

# Writing to Your Anonymous Transplant Recipient

## For living organ donors who have donated to an anonymous transplant recipient

Occasionally an anonymous living donor wishes to write to their recipient. 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 recipient with an anonymous card or letter. It will be delivered through the transplant centre.**

**No exchange of gifts is allowed.**



## What can I write?

A card or letter that begins with “Dear Recipient” and a simple expression of best wishes signed “from your Donor” can be very meaningful to the recipient.

Here is an example to help you get started:

I hope this finds you well on the road to recovery. I wish you the best of health. Please know that I feel honoured to have had the chance to be a donor and to help someone in need.

## When should I write?

If you decide to write, do so any time after the transplant. If you write immediately after your transplant, the card or letter will not be sent to the recipient 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 donor surgery. Then put the card or letter in the unsealed envelope **and** the piece of paper in a separate sealed envelope. Mail it or drop it off to the Living Donor office.

Your Living Donor team will review the card or letter to make sure it has no personal information before sending it to the anonymous recipient.

If the letter or card is not suitable, we 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 anyone from the Living Donor team for help.

## **Will I hear from the recipient?**

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

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

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