Table 3

Follow-up of live kidney donors

Reduced eGFR

- Represents reduced nephron mass and not chronic kidney disease
- Is anticipated and accepted

Serum creatinine

- Will be above the upper limit of normal in most male and some female donors

Recommended follow-up

- Annual blood pressure, urine protein estimation (ACR or PCR), renal function. (This will usually be organised by the transplant unit but for logistical reasons some patients will prefer to attend their GP)
- The goal is a healthy lifestyle with avoidance of obesity and hypertension
- If hypertension does develop there should be a low threshold for initiation of antihypertensive therapy with the aim of very good blood pressure control