Adult Abdominal Transplant: Patient Selection Criteria

Intermountain has been selected to participate in the Center for Medicaid and Medicare (CMS) Increasing Organ Transplant Access (IOTA) Model. The goal of IOTA is to increase access to life-saving transplants for patients living with end-stage renal disease and reduce Medicare expenditures.

Intermountain Patient Selection Criteria for Kidney Transplants candidates and potential Living Kidney donors

The transplant team looks at three types of criteria to determine whether you can donate a kidney or receive a kidney transplant. These selection criteria went into effect on June 6, 2025:

- **Inclusion criteria** are conditions that **ALL** kidney donors must meet.
- **Absolute exclusion criteria** are conditions that mean you **ARE NOT** able to be a kidney donor.
- **Relative exclusion criteria** are conditions that mean you **MAY NOT** be able to be a kidney donor and will require additional consideration before a decision can be made.

Living Kidney Donor: Inclusion Criteria

Living kidney donors must meet **ALL** the conditions listed below:

- You must be at least 18 years old and must be legally and mentally capable of giving informed consent for treatment or donation.
  - Unrelated non-directed donors will be at least 21 years old to donate.
- You are medically suitable to donate a kidney, as determined by a transplant physician.
- You can state your understanding of the risks involved with donating a kidney.

Living Kidney Donor: Absolute Exclusion Criteria

If you have **ANY** of the conditions listed below, you **ARE NOT** able to be a kidney donor.

- Known anatomic abnormality of the urinary tract.
- Type 1 diabetes.
- Type II diabetes where an individualized assessment of donor demographics or comorbidities reveals either:
  - Evidence of end organ damage or
  - Unacceptable lifetime risk of complications.
- Active or incompletely treated malignancy that either:
  - Requires treatment other than surveillance, or
  - More than the minimal known risk of transmission
- Uncontrollable high blood pressure or history of high blood pressure with evidence of end organ damage.
- High suspicion of donor inducement, coercion, or undue pressure.
- High suspicion of knowingly and unlawfully acquiring, receiving, or otherwise transferring anything of value in exchange for any human organ.

- Persistent urinary tract infections and/or history of recurrent infections.
- Polycystic Ovarian Syndrome (PCOS) for patients 50 years or older
- Gastric bypass.
- History of, or active uncontrolled, diagnosable psychiatric conditions requiring treatment before donation, including any evidence of suicidality.
- Current tobacco, smoking, or vaping use and unwilling to stop.
- Refusal to have blood stored for 10 years.
- Refusal to accept blood transfusions or blood products.
- High suspicion of knowingly and unlawfully acquiring, receiving, or otherwise transferring including but not limited to, cash, property, and vacations.

Living Kidney Donor: Relative Exclusion Criteria

If you have any of the conditions below, you **MIGHT NOT** be able to be a kidney donor. Your case will require additional consideration by the transplant team and/or additional testing.

- Asymptomatic single kidney stone more than 1.5 cm in size and/or potentially removable during the transplant procedure.
- Obesity depending on the weight distribution.
- Weight loss surgery (example, lab banding, etc.).
- Controlled hypertension (high blood pressure) with medication for patients less than 50 years old with no evidence of organ damage.
- Unresolved alcohol or history of untreated substance abuse.
- Evidence of acute symptomatic infection (until resolved).
- History of tobacco, smoking, or vaping use.
- Limited or lack of or insufficient family, caregiver, social, and/or economic support.

Kidney Transplant: Inclusion Criteria

If you meet **ALL** the conditions listed below, a kidney transplant is needed.

- You have chronic and irreversible renal (kidney) impairment. Explanation: Chronic disease is lifelong.
- You have acute trauma with irreversible impairment of renal (kidney) function where no therapeutic alternative is available.
- You will have had a medical assessment, have been determined to be a reasonable risk for surgery, and will tolerate immunosuppressive medications.
- You will have a medical assessment that your body has no other major system disease or problems which would preclude surgery or reasonable survival.
- You and your family have a thorough understanding that this is a serious operation that requires lifetime care after transplant, including the lifetime responsibility to keep follow-up appointments.
- You will have a medical or social assessment and have enough social stability to assure that you will cooperate with long-term follow-up and the immunosuppressive program (anti-rejection medications) that is required.
- You have strong motivation to undergo the procedure. There is a reasonable expectation that your quality of life—the physical and social functions suited to daily living—will be improved if you have a kidney transplant and adhere to the medication regimen recommended by your transplant team.

Kidney Transplant: Absolute Exclusion Criteria

If you have **ANY** of the conditions listed below, you **ARE NOT** a kidney transplant candidate.

- Advanced respiratory failure.
- Active severe hemodynamic [hee-moh-dahy-NAM-ik] compromise at the time of transplantation if accompanied by a significant compromise of one or more non-renal end organs.
- Unsatisfactory cardiac risk, determined by a standard cardiac evaluation including electrocardiogram, echocardiogram, and nuclear stress test with angiogram if indicated.
- Unresolved GI hemorrhage [HEM-er-ij].
- Life-threatening extra-renal congenital abnormalities.
- Persistent coagulation [co-ag-yoo-LAY-shun] disorder.
- Debilitating and/or irreversible brain damage.
- Current tobacco, smoking, or vaping use and unwilling to stop.
- High suspicion of knowingly and unlawfully acquiring, receiving, or otherwise transferring anything of value in exchange for any human organ including but not limited to, cash, property, and vacations.

Kidney Transplant: Relative Exclusion Criteria

If you have any of the conditions below, you **MIGHT NOT** be a candidate. Your case will require a review.

- Active peptic ulcer disease.
- Hepatitis B surface antigen positive.
- Clinical evidence of peripheral vascular disease, specifically:
  - Cerebral vascular disease.
  - Ischemic ulcers.
  - Previous amputations, secondary to vascular disease.
- Obesity, depending on the weight distribution.
- Cancer-depending on the type and stage may require a cancer free waiting period.
- History of non-adherence with medical regimen, medication, and/or follow-up that are a significant risk to patient and organ outcomes.
- Poor functional status with no reasonable expectation of improvement post-transplant.
- Limited or lack of or insufficient family, caregiver and/or social support.
- Lack of health care insurance coverage including active Data Matching Issues (DMI)
- Unresolved history of alcohol and/or substance abuse.
- Severe untreated and/or unresponsive infections.
- Refusal to accept blood transfusions when needed.
- History of tobacco, smoking, or vaping use.

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