
Organ donation

– make a choice



www.sundhed.dk



**DANISH HEALTH
AUTHORITY**

Make a choice

This brochure can help you make a choice about organ donation.

If you have already made your decision, you can register this at www.sundhed.dk.

In this brochure you can read about:

Making a choice

- Make your decision known
- How can I register in the Donor Register?

Age, illness and health

- Do I need to make a choice if ...
- Life for the organ recipient

Death and family members

- When is organ donation possible?
- What is it like for family members to 'say goodbye'?

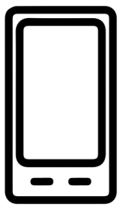
More information

- More information about organ donation
 - Thank you for taking the time to consider your choice
-

Make your decision known

Two out of three Danes have declared their organ donation choice.

Anyone who is over 18 years of age can declare their organ donation choice. You can declare your choice in three legally valid ways:



In the Donor Register



On a donor card



Verbally to your closest relatives

By registering your decision on organ donation in the Donor Register and informing your family members, you ensure that your wishes will be followed if organ donation is possible after your death.

If your family members do not know your wishes

If you do not make your wishes known, your family members must make the decision.

It can be hard for them to make the decision, as they will already be facing a difficult situation immediately following your death.

If you want to let your family members decide

If you want your family members to make the final decision regarding organ donation, you can choose this option in your registration.

Whatever you choose, it is a good idea to talk to your closest relatives about organ donation, so they know your wishes and can support your decision.

How can I register?

There are four ways you can register your organ donation decision in the Donor Register. You can:

Give full permission.

This means that all your organs may be used for transplantation.

You can also give full permission subject to your family's approval.

Give limited permission.

This means that only the organs you have indicated may be used for transplantation.

It is also possible to give limited permission subject to your family's approval.

Choose 'I don't know'.

This means that you have not made a decision about whether your organs may be used for transplantation, and that your family members must decide for you.

Deny permission.

This means that none of your organs may be used for transplantation.

You can change your registration in the Donor Register at any time.

Alternative ways to declare your wishes

You can also make your decision known to your family members, or carry a donor card with you.

These methods are just as valid as registration, but may make it more difficult for the hospital to find out what your wishes are.

If organ donation is possible, the hospital will contact the Donor Register first, to check whether the deceased person has registered their decision.

Who has access to my registration?

Each year, only a few hundred Danes die in such a way that organ donation is possible.

It is in these cases that the hospital will seek access to information about donor registration.

When is organ donation possible?

Organ donation is only possible if a person dies in hospital as a result of major brain injury.

Organ donation is only possible after a person has been declared dead.

Each year, only a few hundred Danes die in such a way that organ donation is possible.

So even though many people have given permission for organ donation, it will only be possible in very few cases.

It is therefore important that as many people as possible make a choice.

What is it like for family members to 'say goodbye' to an organ donor?

Family members can be with the deceased person until the point of organ donation.

There will be time to say goodbye before and after organ donation.

There will be no signs that the deceased person has donated organs beyond the signs visible after any type of operation.

Family members can plan the burial or cremation in the normal manner.

Do I need to make a choice if ...

... I am under 18



If the issue becomes relevant for a person under 18 years of age, the legal parent or guardian must make the decision regarding organ donation.

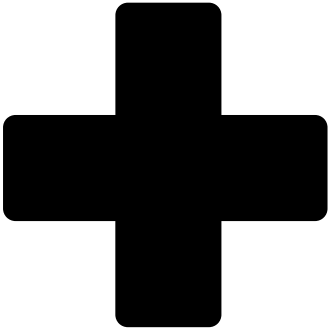
... I am old



There is no set upper age limit for organ donors.

Many of those who donate their organs are aged over 70. Even people over 80 years of age can donate organs.

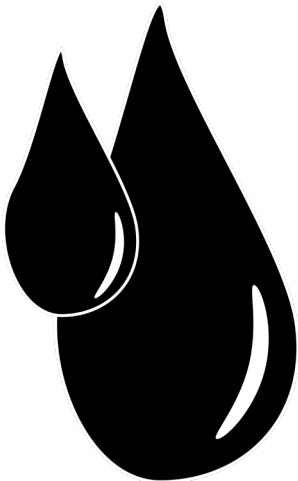
... I am ill and take medication



Medication, lifestyle and diseases are no obstacle to deciding whether you want to be an organ donor.

If organ donation is possible, the physicians will always assess whether the organ can be used.

... I am not allowed to donate blood



Organ donation may still be possible even if you are not allowed to be a blood donor.

The physicians will always individually assess whether you are a suitable donor.

Life for the organ recipient

Organ donation gives seriously ill children, young people and adults a new chance in life.



Most people who receive a new organ experience significantly better quality of life and get the opportunity to live a longer life.

**Thank you for taking the time to consider
your choice regarding organ donation.**

