

How to Donate

In Quebec, there are **3 ways** you can register your wish to donate:

- a signed sticker on the back of your **Health Insurance Card**
- the **RAMQ** registry
- and with your notary

No matter what you decide, you will **always** receive appropriate medical care. Talk to your family about donation. **Your choice will be respected.**

This type of donation can only happen once you are dead.

For more information, visit our website.



www.muhc.ca/OTD

Where can I find more information?

ORGAN DONATION

You can donate at any age if you do not have an active cancer.

TISSUE DONATION

You can donate if you are 85 years of age or younger. If you have cancer, you might be able to donate eye tissue and heart valves.

BODY DONATION

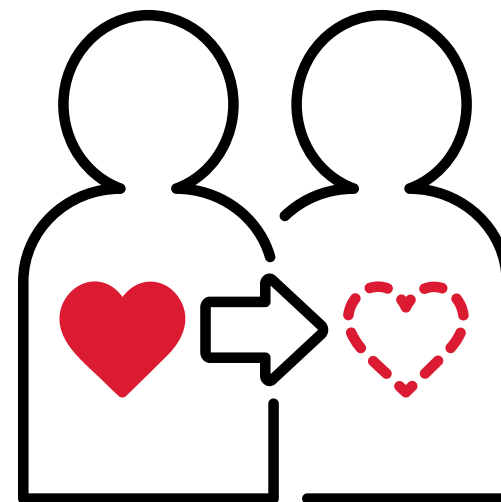
Speak with your doctor to find out if you are eligible. You might be able to donate eye tissue.

WEBSITE



www.quebec.ca/en/health/blood-tissue-and-organ-donation

Organ & Tissue Donation



Organ and tissue donation is a personal choice

Share your wishes with your family

Prepared by the MUHC OTD Team

What is organ and tissue donation?

Organ and tissue donation is a choice you can make to help others regain their health. Organ donation saves lives by replacing unhealthy organs with healthy ones. Tissue donation helps people live better by improving their sight or preventing infections after a severe burn.

Donated organs and tissues are given to people who need them most. Race, gender, income, or celebrity status do not influence who receives them.

Care and respect for your body are important parts of the donation process. Organs are surgically removed in the hospital operating room and brought to the person in need. Next, the tissues are surgically removed and stored until needed. The physical appearance of the body does not change. An open-casket funeral remains an option.

What are the types of donations?

The types of organs and tissues that can be donated are:

Organs

- Heart, lungs, pancreas, liver, kidneys and bowels

Tissues

- Eye tissue (including corneas), heart valves, blood vessels (veins and arteries), skin, bone, and tendons

Who can donate ?

Everyone is eligible, from birth to older adults. Transplant Québec and Héma-Québec evaluate every referral to decide which organs and tissues can be donated.



Talking about death can be difficult not only for you but also for your family.

Can I still donate if I am ill?

Donation can occur in many different ways and is still possible, even if you have a life-threatening or long-term illness.

When should I start thinking about donation?

Talking about death can be difficult not only for you but also for your family. However, a meaningful discussion should take place. It will help you decide how you feel about donation and provide a guideline for the kind of medical treatments you would like if ever you cannot speak for yourself.

If you are considering donation, **support** and **options** are available to you.