



Donorregister
Ministerie van Volksgezondheid,
Welzijn en Sport

> Return address: Postbus 3172 6401 DR Heerlen

This letter is available
in different languages:
www.donorregister.nl/18jaar

Sent on
Date of the letter

READ

Register your choice today

about whether you want to donate your organs and tissues

Dear reader,

When you turn 18, you can make important decisions for yourself. One of those decisions is whether or not you want to donate your organs and tissues after your death. That might not be something that you want to think about now. After all, you are only 18 years old. However, please take a few moments to read this letter and add your choice to the Donor Register. You can always change your choice yourself.

Why register your choice?

It is important to add your choice to the Donor Register, and also to discuss it with your parents and the people who are important to you. They will then know which choice you have registered in the Donor Register in the event of your death. That will make things easier for them at the hospital.

What happens if you do not register a choice?

If you **do not** register a choice, the Donor Register will state that you have **no objection** to donating your organs. That means that your organs may be given to a patient after your death. A doctor will discuss this with your partner or family first.

MAKING
YOUR
CHOICE

You have four choices. It's your decision.

Below are the four choices. You can choose one option.

Whichever choice you register, you can always change your mind in the future.

1. Yes, I want to become a donor

You want to be a donor. You can choose which organs and tissues you wish to donate

2. No, I do not want to become a donor

You do not want to be a donor.

3. I designate a person to make this choice on my behalf

You want someone else to make this choice for you in the event of your death. You should let this person know about your choice.

4. My partner or family will decide on my behalf

You want your family or your partner to choose for you in the event of your death.

Please turn over

Enter your choice. There are two ways to do this:

Online, at donorregister.nl

- Step 1: Visit the website: www.donorregister.nl
- Step 2: Click on 'Vul uw keuze in' (Register your choice)
- Step 3: Log in with your DigiD
- Step 4: Enter your choice

Use the printed form

- Step 1: Complete the form
- Step 2: Sign the form
- Step 3: Send the form by post using the reply envelope

Do you have any questions?

We understand that this might be a difficult choice to make. We will be more than happy to answer any questions that you may have.

Would you like to speak to someone?	Please call us on 0900-821-2166 (regular rate)
Would you like to know more about how to register your choice?	Go to the website www.donorregister.nl Or you can visit your local library .
Would you like more information about donating organs and tissues?	Visit the website: www.transplantatiestichting.nl

With kind regards,

Minister of Health, Welfare and Sport



Explanation of words used on the form

Death

Death means the same as dying. A doctor will conduct an examination to find out whether the patient has died.

Organs and tissues

Organs are parts of the body, such as the heart, lungs or liver. Tissues are cells inside or on the outside of the body, such as bones, muscles or skin.

Donate

Donating means giving. Donating an organ or tissue means giving it to someone else. This will happen after your death. A doctor will remove the organ or tissue from your body. Another doctor will then use that organ or tissue to help someone who is sick. You can decide for yourself whether or not you want to donate.

Transplant

When an organ or tissue from someone who has died is given to a patient who needs it. This involves a surgical procedure.

Transplantation research

Sometimes an organ or tissue is not suitable for donation. That means that the doctors cannot give it to someone who is sick. However, the doctors can still use it for research. Doctors can learn a lot from this research, which is called transplantation research. It helps doctors to learn how to transplant organs and tissues even better.

Information that is relevant to your decision

Can anybody donate organs and tissues?

Not everyone can donate organs or tissues after they die. When somebody dies, a doctor will check whether that person's organs or tissues can be donated. However, everyone is asked to enter their choice in the Donor Register. That includes people who are sick. Everybody should register their choice. That way, your partner and family will know what you want. Do you have questions about becoming a donor? Please visit transplantatiestichting.nl

Continuation: Information that is relevant to your decision

What happens when somebody becomes an organ donor?

People who die at home can only donate body tissues. Organ donation is only possible when somebody dies in a hospital. If a patient can no longer recover, the doctors will discuss this with the family. Organs and tissues are only removed when doctors are 100% sure that the patient has died. There are strict rules about confirming somebody's death, and several doctors are involved in this. For more information about this process, please visit donorregister.nl/donor-woorden

How do I make this decision?

If you find it difficult to make this decision and you would like some more information first, please visit donorregister.nl/uw-keuze-maken

Where can you find more information about donating organs and tissues?

Maybe you have other questions about donating organs and tissues. Can your family members still say goodbye to you? What does your religion say about becoming a donor? For more information, visit the website transplantatiestichting.nl or call **0900- 821 21 66**

How do I register a choice for someone who is unable to make this decision?

If a person is legally incapable, he or she cannot register a choice independently. This may be the case for somebody who is living with dementia, for instance. People in this situation often have a representative to make decisions on their behalf. This is often a close family relative, such as a parent or sibling. That representative can make a choice regarding organ donation, and then register this choice.

The choice can be registered by the representative in two ways:

1. Getting authorised using your DigiD on the donorregister.nl website
 - Log in with your DigiD
 - Complete the form for the person who is unable to take this decision
 - Confirm this choice
2. Using the printed form
 - Complete the form for the person who is unable to take this decision
 - Under section C, you should fill in: Yes
 - Sign the form and send it

For more information about making a decision on someone else's behalf, please visit donorregister.nl/uw-keuze-maken