**Updates about your recipient**

If your recipient’s transplant center is in the U.S., your donor center should be able to give you a brief update about your recipient’s condition around these times:

* 9 months after transplant
* 12 months after transplant
* 18 months after transplant
* 30 months after transplant

However, each country has different rules about giving updates. If your recipient is at a transplant center in another country, you may never receive an update (or updates) on your recipient.

Even if you do get an update about your recipient, it might not be as much information as you’d like. If you want to know more, you may be able to send an anonymous letter or card to ask how the recipient is doing. The rules about anonymous communication are different in each country, but in most cases sending a letter is a possibility (see page 50).

Talk to your donor center representative to find out what you should expect for updates and if you can send an anonymous letter.

If you are able to get updates, or if you choose to contact your recipient anonymously, there is a chance that you’ll receive bad news about your recipient – your recipient might not have survived. Hearing this news could be upsetting to you. Please feel free to talk with your donor center representative about how you’d feel if you get bad news about your recipient.