

If it has not been done yet, it is up to the relatives to decide on their willingness to donate. For this reason, it is important to dedicate some time to decide if you want to be a donor and share your willingness with your family and friends. Thus, if the case arises, they will not have to decide for you and it will only be necessary for them to communicate your wish to the hospital staff.

When can the donation take place? The priority is, above all, saving the person's life.

The medical team will always do everything possible to save your life or the life of your loved one.

If, unfortunately, all efforts to save this life have been unsuccessful, organ and tissue donation is initiated when:

- / the person's death has been certified;
- / medical counterindications have been ruled out;
- / the deceased's family has signed the consent to the donation by representation;
- / if there are no legal issues preventing the donation.

Respect Organ and tissue donation does not disfigure the body and it is treated with the maximum respect.

The extraction of the organs from the donor's body is performed with the utmost care and respect. The family can see the body after the intervention and initiate the actions of their funeral rite.

How to become a donor? Becoming a donor is as simple as making the decision and communicating it to your family and friends

When a person considers the possibility of becoming a donor and decides to donate their organs and tissues to be transplanted to help other people, the first and most important thing to do is **communicate their decision to family and friends**. If the case arises, they will be the first to be consulted about the possibility of donation, trusting that the donor's wishes will be respected.

In addition, if you want to demonstrate your willingness to become a donor, you can also:

- / Fill out the donor ID card.
- / Write the advance healthcare directive.
- / Enable the donation checkbox in the section of wills and donations of La Meva Salut (<https://lamevasalut.gencat.cat>), which is also recorded in the shared clinical history and is visible to health professionals.

These three options help to testify to the decision taken.

Contact



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More information



trasplantaments.gencat.cat

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ORGAN AND TISSUE DONATION



Guide to organ and tissue donation and **Sikhism**

Donation is a gift of life for someone who is waiting for a transplant.

Donation is a voluntary, altruistic, solidary, generous, confidential, free and not-for-profit act which is guaranteed by the law. It is one of the most wonderful gestures a human can do for others.

The cadaveric donor is one in which the donation occurs after encephalic (brain) death or asystole (cardiac) death, mainly caused by stroke, severe trauma, cerebral anoxia or cardiac arrest.

The organs that can be donated include the kidneys, liver, heart, lungs, pancreas, and intestine. The tissues such as the skin, bones, tendons, heart valves, and corneas can also be transplanted.

Living donors are relatives or very close people to the recipient who voluntarily decide to donate an organ (a kidney) or a part of it (a lobe of the liver). Tissues or cells such as bone marrow can also be donated while alive.

Why is it important to think about organ and tissue donation? A single donor can save the lives of eight people!

All the patients who die at a hospital can be potential organ and tissue donors if they do not present, a priori, medical counterindications to become one. In these cases, the transplant coordinators ask the deceased relatives if they had expressed their willingness to be a donor during their lifetime.

Sikhism in Catalonia

To date, there are about 12,000 Sikhs in Catalonia, most of them from the Indian state of Punjab.

The foundations of the Sikh religion are found in the Guru Granth Sahib, a holy book, considered the eternal and infallible guide of the community and the highest spiritual authority.

There is also a Sikh code of conduct called Rehat Maryada.

Donation from the Sikh perspective

Sikhism has three pillars: meditating, working and sharing. Altruism and voluntary service - called seva - are part of the principle of sharing, which not only refers to sharing time and wealth but can also extend to organ donation.

There are numerous examples in the Sikh scriptures that highlight the importance of giving the best of ourselves for the benefit of others. These examples are essential mechanisms for the spiritual progress of individuals, ultimately contributing to their enlightenment.

Even so, there is no explicit doctrinal position on organ donation

As for the reception of organs, there is no precept that prevents it.

What do the sacred texts say?

“Center your consciousness on your selfless service and center your consciousness on the Word of Shabad.” (Guru Granth Sahib, P110, L1)

“Through selfless service, eternal peace is attained. The essence of Gurmukh is absorbed in intuitive peace.” (Guru Granth Sahib, P 125, L 19)

“Selfless service is the breathing support of the Gurmukh’s life.” (Guru Granth Sahib, P 229, L 18)

“By quieting the ego, ecstasy is attained. Where the ego does not exist, God Himself is here.” (Guru Granth Sahib, P 260, L 18)

“The empty body is frightful when the soul comes out from within.” (Guru Granth Sahib, P 19, L 7)

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