

HOW TO REMOVE YOUR NAME FROM THE ORGAN DONOR REGISTRY

*United States & Canada — A Complete Step-by-Step Guide
What every donor needs to know — and how to take your name off every list*

WHY THIS MATTERS

The information presented to people signing up as organ donors is incomplete. What most donors are not told is that **organ procurement requires biologically living donors**. Organs from a cold or decomposing body are not transplantable. The system relies on bodies that are still warm, with blood circulating, and organs functioning.

There are two pathways. **Brain Death (BD) donors** have a beating heart maintained on a ventilator and are declared dead under a controversial neurological standard. **Donation after Circulatory Death (DCD) donors** have their hearts stopped for just 2 to 5 minutes — a window in which resuscitation is routinely accomplished in emergency medicine. They are given a Do Not Resuscitate (DNR) order so that recovery is not attempted, and organs are procured before biological death has demonstrably occurred.

In short: Brain dead donors are still alive. DCD donors are not known to be dead at the time their organs are removed. Many people who would not consent to this if fully informed are presumed to have consented by default.

FOR DEEPER MEDICAL AND LEGAL RESEARCH

For a thorough, medically credible exploration of the science and ethics behind brain death and organ procurement, the work of **Dr. Heidi Klessig MD** is the most accessible and well-documented resource available. Dr. Klessig is a physician and researcher whose mentors include Drs. Alan Shewmon, Doyen Nguyen, and Paul Byrne — widely regarded as the foremost academic voices on this subject.

The medical, scientific, and ethical foundation of this guide was significantly shaped through her input. Readers wanting the full clinical and legal background should visit her website:

www.respectforhumanlife.com

THE MOST IMPORTANT THING MOST PEOPLE DO NOT KNOW

Removing the **donor symbol from your physical driver's licence does not remove you from the registry**. Hospitals check the **electronic registry database — not your card**. You must remove your name from every system where you registered. They are not automatically linked.

You may be registered in more than one place: your state or provincial DMV, an online registry, the Donate Life national registry, your iPhone Health app, or a pharmacy app signup.

UNITED STATES — COMPLETE REMOVAL PROCESS

The United States has no single national donor registry. Each state runs its own, and there is also a separate national registry. You must remove yourself from **every place you registered**. Follow all of the steps below.

1	Remove from the National Donate Life Registry (RegisterMe.org) Go to RegisterMe.org and click "Access your registration." Enter your details. Once your record opens, click "Remove Me" under Manage Your Donor Registrations and confirm. If you registered through the Donate Life website, the iPhone Health app, Walgreens, or certain state portals, your name may be in this national registry. RegisterMe.org — National Registry
2	Remove from your STATE registry Go to Donate Life America and select your state to find your state's specific removal process. Most states allow online removal. Some require a mailed form or phone call. This step is completely separate from the national registry. Donate Life America — State Registry Directory
3	Visit the DMV and get a replacement licence Removing yourself from a registry does NOT change the donor symbol on your physical licence. Visit your local DMV in person, fill out a replacement form, and state clearly you do not wish to be an organ donor. A replacement fee may apply. OrganDonor.gov — Official FAQ
4	Remove from your iPhone Health app (if applicable) Open your iPhone Health app. Tap your profile picture or initials at the top right. Scroll to Organ Donation. Tap Edit Donor Registration and remove your status. Check any pharmacy or health apps where you may have registered. Apple Health App Support
5	Prepare a written, signed, witnessed Advance Directive Add an explicit written statement that you do not consent to organ or tissue donation under any circumstances, and that this decision is not to be overridden by a hospital administrator, next of kin, or any third party. Sign it before two adult witnesses. Date it. Renew it annually. Give copies to your next of kin and your doctor. Advance Directive guidance — CaringInfo.org
6	Tell your family — in writing In most US states, if your registry status is unclear, medical teams consult your next of kin. If your family does not know your decision, your organs can still be taken. Write your refusal down. Tell every person who would be at your bedside.

LEGAL PROTECTION — WHAT YOUR REFUSAL DOCUMENT MUST SAY

Add this statement, signed and witnessed, to your Advance Directive:

"I do not consent to the donation of any organ, tissue, or body part at the time of my death or at any point when I am declared brain dead, in a coma, or on life support. This decision is final, is not subject to override by any family member, hospital administrator, or judicial order, and reflects my informed, considered, and deeply held conviction."

Sign it. Have two competent adults witness it. Date it. Renew it annually or after any hospitalisation.

CANADA — COMPLETE REMOVAL PROCESS

Canada's organ donation system is administered province by province. There is no single national registry. The situation is most urgent in Nova Scotia, which has moved to a presumed consent system.

CRITICAL WARNING: NOVA SCOTIA HAS CHANGED THE LAW

Since January 18, 2021, Nova Scotia operates a **presumed consent (opt-out) system**. If you are 19 or older and have NOT registered your refusal, **you are automatically assumed to have consented to organ donation**. Alberta is actively considering the same change. Act immediately.

CANADIAN PROVINCE-BY-PROVINCE REGISTRY TABLE

Province / Territory	System	How to Opt Out / Remove
Nova Scotia	OPT-OUT	You MUST actively opt out or you are automatically a donor. Register your refusal online at novascotia.ca or complete the Health Card Renewal Form. Nova Scotia Opt-Out Portal
Ontario	Opt-In	Visit BeADonor.ca to manage or remove your registration. Also update at any ServiceOntario location when renewing your health card. BeADonor.ca — Ontario
British Columbia	Opt-In	Visit the BC Organ Donor Registry portal and re-register with a refusal decision, which overrides any previous registration. BC Organ Donor Registry
Alberta	Opt-In*	Register your refusal at myhealth.alberta.ca . *Alberta is considering an opt-out law — act now. Alberta Health Services
Saskatchewan	Opt-In	Contact Saskatchewan Health Authority or update your health card registration to record your refusal. SHA Organ Donation
Manitoba	Opt-In	Contact Transplant Manitoba to remove or update your registration. Transplant Manitoba

Quebec	Opt-In	Contact Transplant Quebec or update your health card (RAMQ) registration. Transplant Quebec
New Brunswick	Opt-In	NB does not have an online registry. Submit a written refusal form to NB Department of Health. NB Health
PEI	Opt-In	Contact Health PEI and request removal from the organ donor registry. Health PEI
Newfoundland & Labrador	Opt-In	Submit a form to the provincial health authority. Contact Eastern Health for assistance. Eastern Health NL

STEP-BY-STEP REMOVAL — CANADA (ALL PROVINCES)

1	Check your province's system and current law Use the table above. If you live in Nova Scotia, you must act immediately — silence is treated as consent. If you live in Alberta, act now before any legislative change.
2	Contact your provincial registry and register a refusal Use the link in the table for your province. In most provinces you can update online. In some you must complete a form by mail or in person. Have your provincial health card number ready.
3	Update your health card and driver's licence records In most Canadian provinces, donor status is tied to your health card. Update both records at your next renewal and make the refusal explicit in writing.
4	Prepare a written, witnessed refusal document Canadian organ donation legislation in most provinces requires a document signed by the donor and two competent witnesses. Write a formal refusal, sign it before two adult witnesses, and keep it with your personal papers. Give copies to your next of kin. Canadian Medical Protective Association — Consent & Donation
5	Tell your family and your next of kin — in writing Canadian medical teams routinely consult families. Your family must know your position clearly and be prepared to assert it firmly at the bedside.

"Deliver those who are drawn toward death, and hold back those stumbling to the slaughter."

Proverbs 24:11

Compiled by Warren Horak · X: @warrenhorak