

The Road to Receiving a Kidney Transplant

Quality Insights Renal Network Three wants to make sure that all patients who may be able to have a kidney transplant will be referred to a transplant center for an evaluation and if eligible, be placed on the waiting list for a kidney.

Here are some things you should do if you think you may want a kidney transplant:

1. **Speak up!** Discuss kidney transplant with your kidney Doctor, Dialysis Nurse, Social Worker, family, friends and a patient who has had a transplant. Ask questions.
2. **Get Evaluated.** Make an appointment with a transplant center for an evaluation. During your appointment, you will receive a lot of information and be seen by different members of the transplant team. You will meet with a transplant doctor, nurse, social worker and dietitian. Keep the information you are given so you can refer to it during or after your appointment. Ask questions. If you can, bring someone along to keep you company and help you remember and understand the information - two heads are better than one.
3. **Get help if you need it.**

The Dialysis team can help you with:

- Appointments for your evaluation or for other tests you may need
- Forwarding copies of your medical records to the transplant center with your permission
- Helping you reach and maintain good health and body weight
- Communicating with the transplant team

The Transplant team can help you with:

- Telling you about the tests you will need and assisting you with making appointments for them
- How a kidney transplant will affect your money situation
- How a kidney transplant will help you and how you may feel
- What to do if your health or financial situation changes
- Understanding how the waiting list works and what your rights and responsibilities are once you are listed

4. **Complete your testing.** If you are an acceptable candidate, the transplant center will require additional medical testing. Usually needed are blood work, heart tests and screenings to make sure you do not have cancer. Sometimes, you may have to do more tests based on what the doctor finds during your examination or when test results are reviewed. If the transplant team finds your results, health, insurance and compliance with your dialysis treatments satisfactory, you can be listed. If your test results are not good, you are not healthy enough or you do not comply with your dialysis treatments and medications, you may not be listed. Either way you will be notified in writing of the decision and your options.
5. **Stay in touch with your transplant coordinator** to keep updated about your status on the transplant list and to contact with any problems or concerns. During this time you need to maintain good health and comply with your dialysis regimen. The dialysis center staff plays an important role in helping you and communicating with the transplant center during your waiting time.
6. **Get further information.** Call or visit the following web sites:
 - **United Network for Organ Sharing (UNOS)** has information and pamphlets about organ donation and transplant, transplant waiting lists and statistical information. UNOS toll free phone number is 1-888-894-6361 or visit their website at www.unos.org
 - **The Coalition on Donation** provides information on how to become an organ and tissue donor. Call 1-804-782-4920 or log on to www.shareyourlife.org

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For more information, please call the patient toll free number:
Phone: 1-888-877-8400
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