



YOUR EVALUATION

Although transplant center guidelines vary, you can expect the following at every center:

- **Compatibility tests.** Includes:
Blood typing. It is best to get a kidney from a donor whose blood type is compatible with yours.
Tissue typing. A good tissue match means it's less likely that your body will reject the donor's kidney.
Crossmatching. This makes sure that you don't have existing antibodies to a donor.
- **Medical and surgical history.** This includes past illnesses, surgeries, treatments and your family's medical history.
- **Physical exam.** This makes sure you are healthy enough for transplant surgery.
- **Psychosocial exam.** This makes sure you are emotionally prepared for the surgery, post-transplant care and for living with a new kidney.



AFTER YOUR EVALUATION

The transplant team will review the results of your tests, discuss any concerns, and decide if you are a suitable candidate for kidney transplant. The transplant coordinator will contact you to let you know if the team recommends you for a kidney transplant. If you don't qualify, your healthcare team will help you explore other treatment options, including being evaluated by a different transplant program.

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To file a grievance, please contact Quality Insights Renal Network 4. This material was adapted from the National Kidney Foundation by Quality Insights Renal Network 4 under contract with the Centers for Medicare & Medicaid Services (CMS). The contents do not necessarily reflect CMS policy. Publication No. ESRD4-031021



KIDNEY TRANSPLANT EVALUATION: What to Expect



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WHAT TO EXPECT DURING YOUR KIDNEY TRANSPLANT EVALUATION

If you're considering a kidney transplant, you must first be evaluated at a transplant center. Members of your transplant team will use this evaluation to help decide if a transplant is the right choice for you.

BEFORE YOUR EVALUATION

Transplant evaluations can take several months to complete. The intake coordinator at a transplant center will start the process by asking you some basic questions over the phone and sending you a questionnaire to complete. The center will contact your insurance company or Medicare to get proper authorization and make sure the cost of the evaluation and surgery will be covered. Next, you will have an initial visit at the transplant center. During your visit, you will meet people on the transplant team who will discuss the process with you and review your physical, psychosocial and financial needs.

GETTING YOUR MEDICAL TESTS

To help the evaluation process be a success, be sure to get all necessary testing done as quickly as possible. Medical testing will depend on your specific health condition. Testing may include:

- **Blood tests.** This checks the function of your organs, thyroid and immune system and can detect problems with blood sugar control and electrolyte balance. Special tests also look for certain viruses.
- **Cancer screening.** You must be cancer-free before undergoing a kidney transplant. If you have had cancer in the past, you will be checked carefully to make sure it has not returned.
- **Cardiac stress test.** This measures your heart's ability to respond to stress in a controlled environment. It can show if your heart is strong enough for a transplant surgery.

- **Chest X-ray.** This checks your lungs for infection, lung disease or other abnormalities. It is also used to see the size of your heart.
- **Colonoscopy.** A flexible camera is used to check the colon for polyps, tumors and any unusual growths that might indicate cancer or other medical problems.
- **Dental evaluation.** This makes sure you do not have infections, cavities or gum disease.
- **Echocardiogram.** This ultrasound of the heart checks your heart's chambers, valves and pumping function for any signs of problems.
- **Electrocardiogram.** This test looks at your heart's rhythm and will show if there are any abnormalities.
- **Gynecological exam.** Women will need a pap smear, mammogram and pregnancy test, if appropriate.
- **Prostate exam.** Men may need this exam.