

Helpful Resources

United Network for Organ Sharing (UNOS)

Information and pamphlets about organ donation and transplant, transplant waiting lists and statistical information
(888) 894-6361 (Toll-Free)
www.unos.org

National Kidney Foundation

Information and resources on kidney disease and transplant
www.kidney.org

Coalition on Donation

Information on how to become an organ and tissue donor
(804) 782-4920
www.shareyourlife.org

Special Thanks

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(610) 783-0374 (Fax)
(800) 548-9205 (Patient Toll-Free Line)
www.qirn4.org

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Patient to PATIENT

*Things to Consider if You're
Thinking about Receiving
a Kidney Transplant*



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The Referral

Your doctor can refer you for a kidney transplant. You can also refer yourself for a transplant. Talk to your doctor, dialysis nurse or social worker to learn more and see if transplant is right for you. If transplant is your best option, your dialysis team can get the process started for you by helping you make an evaluation appointment.

The Evaluation

The earlier you complete your evaluation process, the sooner you can be listed for a transplant. During your evaluation appointment, you will meet with your transplant team. This includes a transplant doctor, nurse, social worker and dietitian. These are the people that will be with you through the entire transplant process. You may be required to spend a full day at the transplant center to complete tests or see other physician specialists to complete your evaluation. Bring a friend or family member along to support you during your evaluation appointment. Keep any booklets or pamphlets you receive to review after your visit.

The Wait

Once you have completed the evaluation process and are considered healthy enough for surgery, you will be placed on a transplant waiting list. Unless you have identified a qualified living donor, the wait is usually two to five years or longer and may vary from region to region.

During your wait, you must:

- Maintain a healthy lifestyle.
- Inform your transplant team of any changes in your health.
- Inform your transplant team of any changes to your contact information.
- Inform your transplant team if you are traveling. They will need to know how to get in touch with you if a kidney becomes available.

Financial Concerns

If you have concerns about the cost of your transplant or the medications you will need to keep your new kidney working properly, talk to your transplant financial coordinator or transplant social worker. These people are experts on this topic and have resources for different situations. They can help you determine your insurance coverage and if you qualify for programs to cover costs your insurance might not cover.

Support Groups

Ask your transplant social worker about support groups in your area. Hearing about the process from someone who has been through it can be very helpful and provide you with comfort.

Speak Up

Never be afraid to ask questions or express your fears and concerns. This is your life. If you don't understand something, keep asking questions until you do understand. You can never ask too many questions for your health. If you still have questions, ask someone on your transplant team where you can get answers. There are many organizations that can help.

