

## Stay in Touch

Your transplant coordinator can keep you updated about your status on the transplant list and answer questions related to kidney transplant. Tell your transplant coordinator about new health problems, hospitalizations, changes in your insurance or medication coverage and if you get any blood transfusions. Stay healthy while waiting for your kidney by:

- Taking your full dialysis treatments.
- Taking your medicines and phosphorus binders.
- Following instructions about your diet and fluid intake to protect your heart and bones.

## Helpful Resources

### United Network for Organ Sharing (UNOS)

Information and pamphlets about organ donation and transplant, transplant waiting lists and statistical information  
Toll free phone number: 1-888-894-6361  
Website: [www.unos.org](http://www.unos.org)

### National Kidney Foundation

Information and resources on kidney disease and transplant  
Website: [www.kidney.org](http://www.kidney.org)

### Coalition on Donation

Information on how to become an organ and tissue donor  
Phone number: 1-804-782-4920  
Website: [www.shareyourlife.org](http://www.shareyourlife.org)



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[www.qirn3.org](http://www.qirn3.org)

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## The Road to **TRANSPLANT**

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



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## Speak Up and Ask Questions

If you think you want a kidney transplant, talk to your doctor, dialysis team, family, friends and someone with a transplant. A kidney transplant is a better treatment for you than dialysis if you are healthy enough and you meet requirements to be on the list. Attend an evaluation appointment at a transplant center to find out more.

## Get Evaluated

Your dialysis team can help you make an evaluation appointment. Bring a friend or family member along. You will meet with a transplant doctor, nurse, social worker and dietitian. Keep booklets or pamphlets to refer to after your visit.

## Identify Living Donors

You do not need to have a living donor in order to be placed on the transplant waiting list, but a living donor kidney can shorten your waiting time and can work longer than one from a deceased donor. Since it may be hard for you to ask someone to be your donor, family or friends can help by being your “donor champions” and spreading the word about your need for a transplant. People interested in donating a kidney to you should contact your transplant center directly. Your transplant center can help your living donor apply for help with travel costs, food and lodging.

## Get on Multiple Waiting Lists

Because of how donor kidneys are matched with people on the waiting list, you may benefit from being listed at two or more transplant centers. Discuss with your doctor and transplant coordinator.

## Ask for Help

Your 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, especially for your first appointment
- Helping you reach and maintain good health and body weight
- Communicating with your transplant team

The transplant team can help you with:

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

## Be Timely with Testing

At the time of your visit, your transplant team will establish a goal for when your testing should be completed. If you are an acceptable candidate, the transplant center may require additional medical testing. Tests might include 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 test results, health, insurance and compliance with your dialysis treatments satisfactory, you may be listed. If your test results are not good, 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.

